

Peroneal Walk Out

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Stand with band on involved leg with involved leg on the inside.

Stand on toes.

Step to the outside with uninjured, then injured leg.

Step to inside with injured, then uninjured leg.

Stay on toes during exercise.

Repeat.

Ankle Eversion with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting tall on the ground with one knee bent and the other leg straight with a band looped around the ball of your foot. The band should be anchored near the floor out to the opposite side of your leg.

Movement

Pull your foot outward against the band. Slowly return to the starting position and repeat.

Tip

Make sure to only move at your ankle and try to keep your knee still.

Isometric Ankle Eversion at Wall

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright with one leg bent and the other straight, holding a ball between the outside of your foot and a wall.

Movement

Gently press the outside of your foot into the ball, hold briefly, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise.

Side Stepping with Resistance at Feet

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin standing upright with a resistance band looped around the middle of your feet. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.