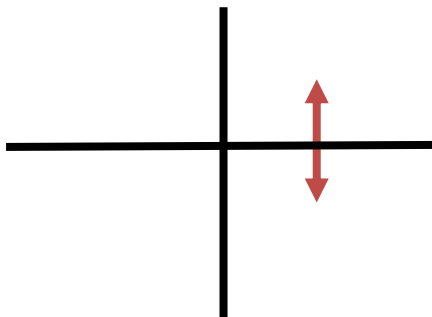


Ankle Stability and Strengthening Exercises

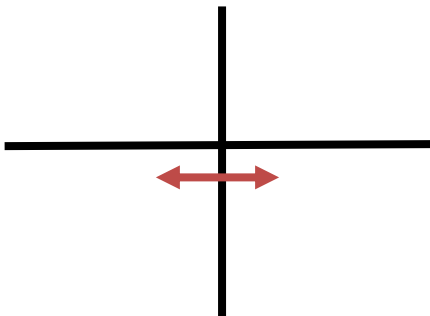


"Helping you to reach your full potential"

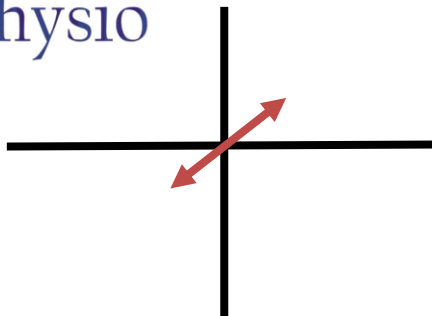
utreach
Physio



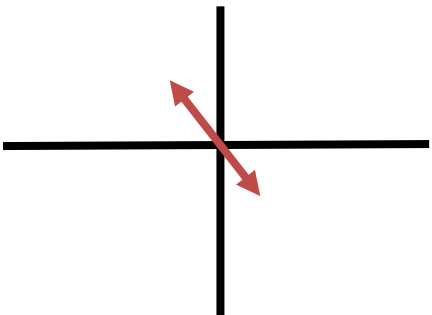
Front to Back



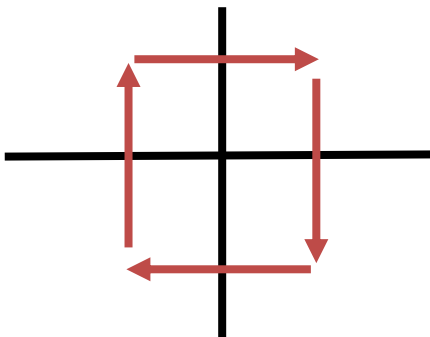
Side to Side



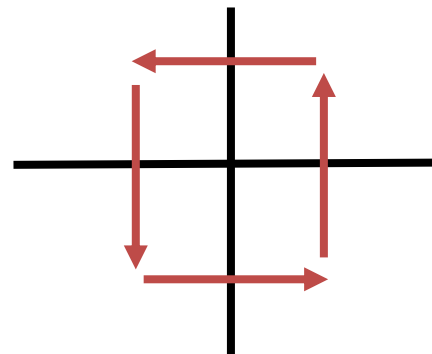
Diagonal



Diagonal



Clockwise



Anti-Clockwise



Balance – bounce ball, ball behind and round back and through legs

X → **X** → **X** Hop and Hold

Hop Side – Side and Hold
(Ice Skaters)

X ↗ **X** ↘ **X** ↗ **X** ↘ **X**