

Weeks 1-2



Seated Ankle Pumps

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with one leg straight forward.

Movement

Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

Tip

Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.



Supine Ankle Inversion and Eversion AROM

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one leg bent and your other leg straight.

Movement

Rotate the foot of your straight leg inward, then outward, and repeat.

Tip

Make sure to keep the rest of your leg relaxed and focus the movement on your ankle during the exercise.



Towel Scrunches

REPS: 2 | SETS: 1 | HOLD: 1 MINUTE | DAILY: 1 | WEEKLY: 7

Setup

Begin in a staggered standing position with your forward foot resting on a flat towel, and the knee slightly bent.

Movement

Keep your back knee straight. Use your toes to scrunch up the towel.

Tip

Make sure to keep the rest of your foot in contact with the ground.



Supine Hamstring Stretch

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one leg straight and the other leg bent.

Movement

Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

Tip

Make sure to keep your back flat on the floor during the stretch.



Seated Calf Towel Stretch

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting tall on the floor with your leg straight in front of you, holding a towel that is looped around the bottom of your foot.

Movement

Gently pull the towel towards your body until you feel a stretch in the back of your calf. Hold this position.

Tip

Be sure to keep your leg straight and do not let your knee bend.

STEP 1



STEP 2



Ankle Dorsiflexion 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 top of your foot. The band should be anchored near the floor in front of you.

Movement

Bend your foot up against the band, raising your toes towards the ceiling.

Tip

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

STEP 1



STEP 2



Ankle and Toe Plantarflexion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on the floor with one knee bent, and your other leg straight with a resistance band around your foot and toes, holding the ends in each hand.

Movement

Bend your foot away from your body and curl your toes downward. Relax, then repeat.

Tip

Make sure to keep your back straight during the exercise.

Weeks 3-4

STEP 1



STEP 2



Ankle Inversion 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 same side of your leg.

Movement

Pull your foot inward 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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.



Standing Heel Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.



Standing Toe Raises at Chair

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a stable surface in front of you for support.

Movement

Slowly raise the balls of your feet off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep your heels on the ground and maintain your balance during the exercise.



Single Leg Stance

REPS: 5 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.



Gastroc Stretch on Wall

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in front of a wall.

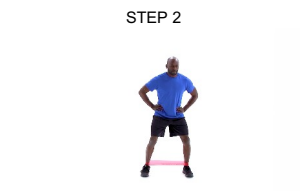
Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Weeks 5-6



Side Stepping with Resistance at Ankles

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with a resistance band looped around your ankles. 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.

STEP 1



STEP 2



Single Leg Stance on Foam Pad

REPS: 10 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position on a foam pad with your feet together and arms resting at your sides.

Movement

Lift one foot off the pad, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

STEP 1



STEP 2



Forward Step Down

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing on a step with your hands on your hips.

Movement

Balance on one leg and lower your other leg forward off the step to the floor. Lightly touch the floor with your heel then return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee collapse inward.

STEP 1



STEP 2



Single-Leg Romanian Deadlift With Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with one hand grasping a dumbbell and your other hand resting at your waist.

Movement

Balancing on the leg opposite the dumbbell, bend at your hips and slowly tilt your body forward while extending your other leg backward. Then, return to the starting position and repeat.

Tip

Make sure to keep your back straight. Do not let your knee collapse inward during the exercise. Keep your elbow on the dumbbell side relaxed throughout the exercise.

STEP 1



STEP 2



STEP 3



Standard Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

Movement

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

Weeks 7-8

STEP 1



STEP 2



Single Leg Bridge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with both knees bent and your feet resting on the floor.

Movement

Straighten one leg, keeping it in line with your other leg, then tighten your abdominals and lift your hips off the floor into a bridge position. Then lower yourself back down, and repeat.

Tip

Make sure to keep your abdominals tight and do not let your hips rotate during the exercise.

STEP 1



STEP 2



Single-Leg Quarter Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position. Lift one foot off the ground.

Movement

Bend slightly at your knee and hip into a mini squat position, then straighten your leg and repeat.

Tip

Make sure to keep your back straight during the exercise and maintain your balance. Your knee should not move forward past your toes.

STEP 1



STEP 2



STEP 3



Crossover Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Take a large step diagonally backward, crossing your leg behind and to the side of your stance leg, then lower down into a lunge position. Step back to the starting position and repeat on the opposite side.

Tip

Make sure to keep your trunk facing forward during the exercise. Do not let your front knee bend forward past your toes or collapse inward as you lunge.

STEP 1



STEP 2



Standing Single Leg Heel Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Lift one foot off the ground to balance on your other foot. When you are balanced, slowly raise your heel off the ground, then lower it back down and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your ankle rotate to either side.

STEP 1



STEP 2



Full Plank with Hip Flexion/Adduction Knee Drive on Floor

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on hands and knees. Raise yourself into a high plank position.

Movement

Bring one knee toward your opposite elbow, then return it back to the start and repeat with your other leg. Repeat.

Tip

Make sure to keep your core muscles engaged, back straight, and shoulders over your hands.