

Ankle Isometrics

Dorsiflexion / Plantarflexion



Plantarflexion - Point your foot down and press your foot on to the top of your other foot. Hold _____ sec. Repeat _____ x's. Do _____ sets.



Dorsiflexion - With one foot on top of the other, press the foot which is on the bottom up towards the foot on top. Hold _____ sec. Repeat _____ x's. Do _____ sets.

