

# Ankle Isometrics Inversion / Eversion

***Inversion*** - Bring your inner aspect of your foot into the leg of a table. Hold \_\_\_\_\_ sec. Repeat \_\_\_\_\_ x's. Do \_\_\_\_\_ sets.



***Eversion*** - Bring your outer aspect of your foot into the leg of a table. Hold \_\_\_\_\_ sec. Repeat \_\_\_\_\_ x's. Do \_\_\_\_\_ sets.

