

Resisted Ankle Strengthening Dorsiflexion / Plantarflexion



Dorsiflexion - With tubing anchored at the top of the foot, bring your foot up towards you. Repeat _____ x's. Do _____ sets.



Plantarflexion - With tubing anchored at the bottom of the foot, press your foot down. Repeat _____ x's. Do _____ sets.

