

Resisted Ankle Strengthening Inversion / Eversion

Inversion - With tubing anchored to inside of foot, hold onto the tubing with your arm out to the side to resist and bring your foot in. Repeat _____ x's. Do _____ sets.



Eversion - With tubing anchored to outside of foot, hold tubing around other foot to resist and turn foot out. Repeat _____ x's. Do _____ sets.

