



Ankle NWB mobility exercises



Lying on your back or sitting.

Bend and straighten your ankles briskly. If you keep your knees straight during the exercise you will stretch your calf muscles.

Repeat 10 - 20 times.

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Sitting with your foot on the floor.

Alternately turn your foot to either side. Raise the inner border of your foot (big toe) and then the outer border (little toe).

Repeat 10 - 20 times.

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Sitting or lying.

Rotate your ankle. Change directions.

Repeat 10 - 20 times.

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