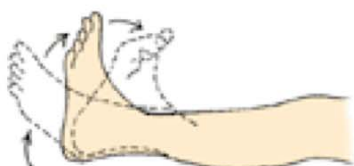


Ankle Sprain Exercises



Towel stretch



Ankle range of motion



Standing calf stretch



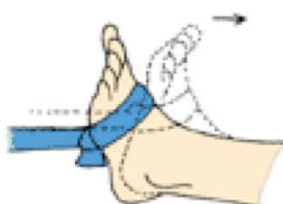
Standing soleus stretch



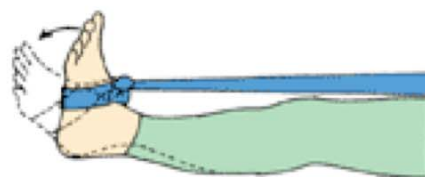
Heel raises



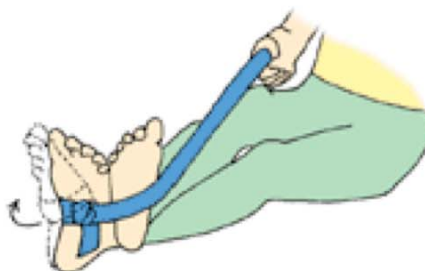
Step-up



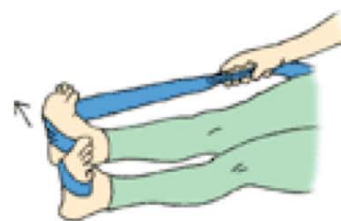
Resisted dorsiflexion



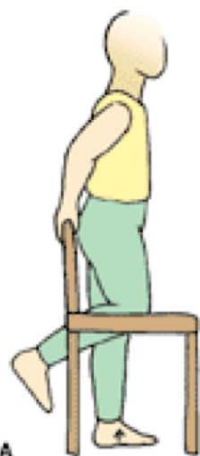
Resisted plantar flexion



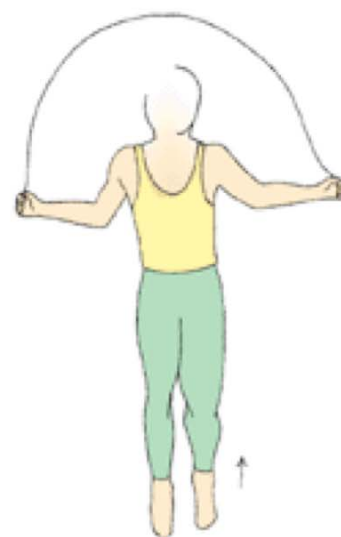
Resisted inversion



Resisted eversion



Static and dynamic balance exercises



Jump rope