

## ANKLE ECCENTRIC EVERSION PROPRIOCEPTION PROGRAM

### Eccentric Heel Lowering on Step

Reps: 10 Sets: 3 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin standing on a small step or platform with your heels off the edge, holding onto a stable object for balance.

#### Movement

Raise both heels up, then lift one foot off the platform and slowly lower your other heel. Repeat this movement.

#### Tip

Make sure to maintain your balance and keep your back straight throughout the exercise.

### Long Sitting Eccentric Ankle Plantar Flexion with Resistance

Reps: 10 Sets: 3 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin sitting upright on the floor with your legs straight in front of you, a resistance band wrapped around your foot, and a towel roll underneath your ankle.

#### Movement

Point your toes away from you, keeping the band slack, then pull back on the band and slowly move your foot back toward you. Repeat.

#### Tip

Make sure to control the movement and do not rotate your foot to either side.

## Long Sitting Ankle Eversion with Resistance

Reps: 10 Sets: 3 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

### Movement

Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

### Tip

Make sure to avoid any hip movement.

## Single Leg Balance on Foam Pad

Reps: 10 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin in a standing upright position on a pillow or foam surface with your arms resting at your sides.

### Movement

Raise both arms and lift one foot off the surface by bending your knee, transferring your weight to your other leg. Hold this position.

### Tip

Make sure to keep your back straight during the exercise. Do not lose your balance and do not let your legs touch while you are balancing.