

Ankle Strengthenener

Purpose

- To strengthen the ankle muscles.

Position

- Sitting upright on the chair, hip walk forward so you are sat on the first third of the chair.
- Place a folded band between the knees to act as a cushioning.
- Place hands on the side of your knees.

Action

- Touch the knees and toes together then press the ankles out to the sides so in a 'pigeon-toed' position.
- Keeping the knees together, sweep the toes out to the sides as far as possible before lifting the toes up towards the outside of the knees and hold for a few seconds.
- Lower the toes back to the floor then sweep them back in, returning to the 'pigeon-toed' position.
- Lift the toes up towards the nose and hold for a few seconds.
- Repeat the action for recommended amount.
- For progression increase the length of hold.

Sets Reps



Comments

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