

MARIN PHYSICAL THERAPY

Ankle and Foot strengthening

____ Sets of ____ Repetitions



Double leg heel raises.
Weight should be through the 2nd metatarsal (toe).



Single leg heel raises.
Weight should be through
Second metatarsal (toe).



Double leg toe raises.



Single leg balance. Weight should be distributed evenly between the heel and second metatarsal (toe). Maintain arch in foot.