

MARIN PHYSICAL THERAPY

Ankle Stabilization Exercise

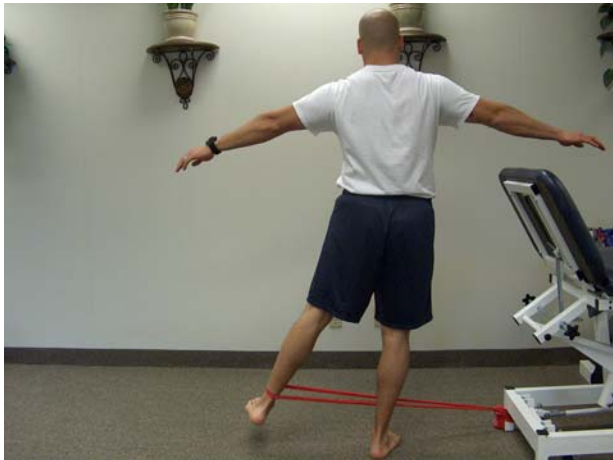
____ Sets of ____ Repetitions



Adduction



Extension



Abduction



Flexion