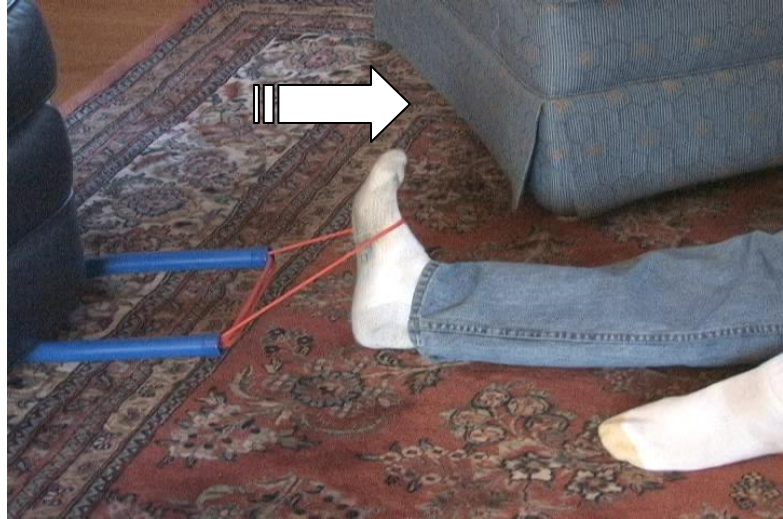
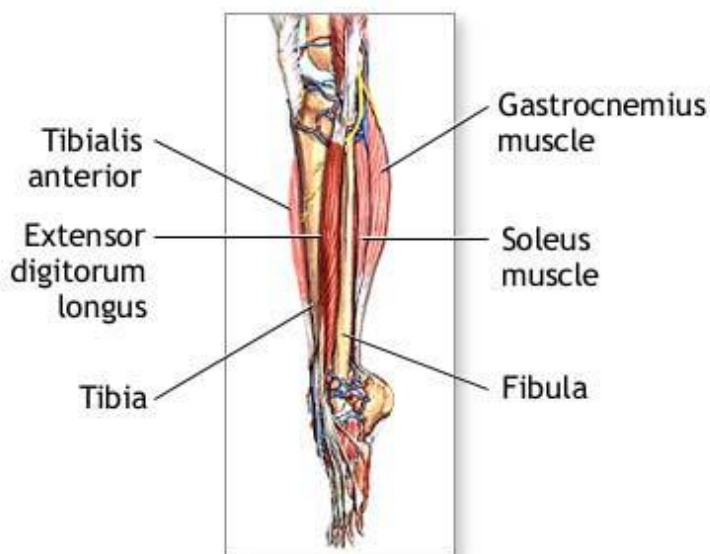


Ankle Dorsiflexion

Sit on the floor with your exercise leg straight, your arms on the floor for balance, your non-exercise leg bent and out of the way. Anchor the Cufline handle to the front, and place the selected band(s) over the foot. Starting position is with your toes pointed forward. Bend your ankle bringing the toes toward the knee.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week.
All routines are done standing unless noted otherwise.



The primary muscle used is the tibialis anterior.

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