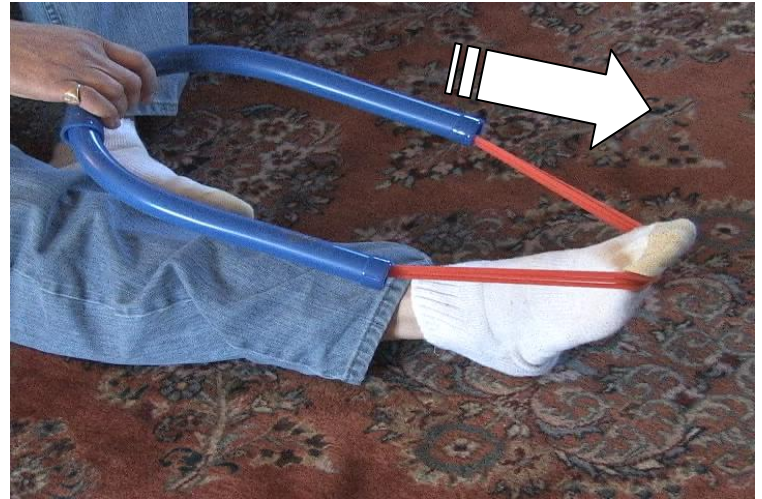
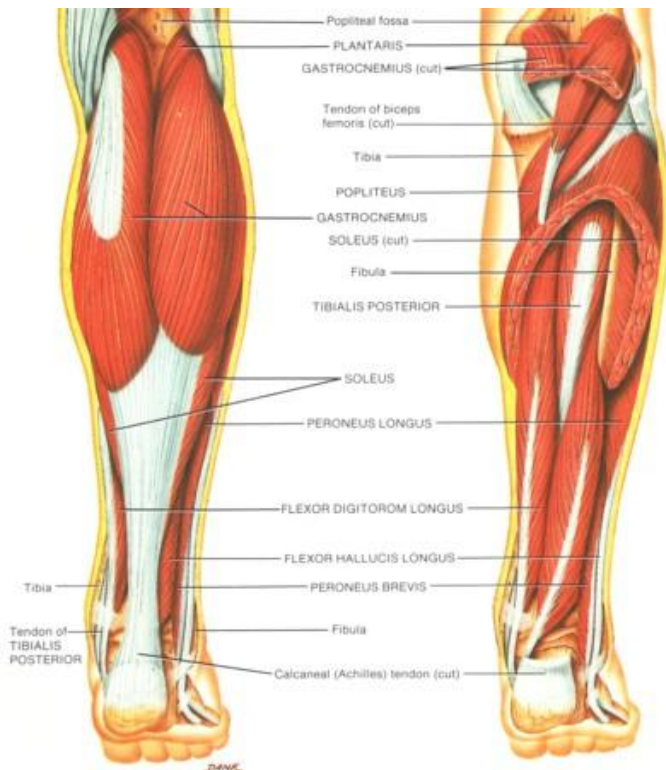


# Ankle Plantarflexion

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. Hold the Cufline handle securely and place the selected band(s) over the exercise foot. Starting position is with your toes pointed toward your knee. Slowly bend your ankle pressing the toes away from you.



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 muscles used are the gastrocnemius, the soleus, the plantaris, the flexor hallucis longus, the flexor digitorum longus, and the tibialis posterior. Collectively, these are known as the calf muscles.

