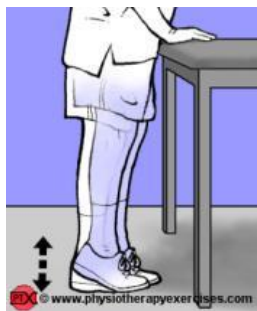


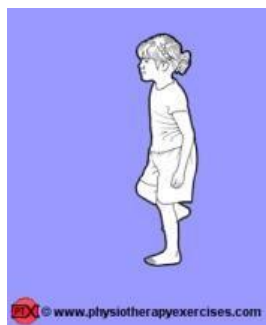
## Ankle Strengthening Exercises

The following exercises can be incorporated into play or daily routine to help build ankle strength and stability:



Heel Raises:

Slowly rise up onto your tiptoes, hold 5 secs then slowly lower. You can hold on to support if needed.



Standing on one leg:

Practice standing on one leg whilst maintaining your balance.



This can be progressed to standing on uneven surfaces such as a cushion or wobble board.



Practice walking on uneven surfaces such as grass, sand, soft play or adventure playgrounds/park equipment



Practice walking up and down slopes



Practice walking along a line, balance beam or low wall



Practice walking on stepping stones. You could use coloured spots/chalk instead.



In standing, roll a ball under one foot whilst maintaining your balance.