



COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit WWW.DALLASSPINE.COM (Physical Therapy Tab).

ANKLE ELASTIC BAND



ELASTIC BAND PLANTARFLEXION - SEATED

While seated, use an elastic band attached to your foot and press your foot downward and forward.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 2 Times a Day



ELASTIC BAND EVERSION - SEATED

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw the band outwards to the side.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 2 Times a Day



ELASTIC BAND INVERSION - SEATED

While seated, cross your legs and using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw your foot inward.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 2 Times a Day



ELASTIC BAND DORSIFLEXION - SEATED

While seated, use an elastic band attached to your foot and draw your foot upward.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 2 Times a Day