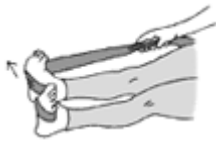


## Ankle Sprain Exercises



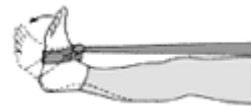
### Static And Dynamic Balance Exercises



Resisted-Eversion



Resisted-Inversion



Resisted-Plantar-Flexion



Towel-Stretch



Standing-Calf-Stretch



Standing-Soleus-Stretch



Jump-Rope



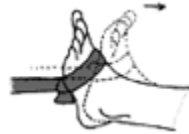
Heel-Raises



Step-Up



Ankle-Range-Of-Motion



Resisted-Dorsiflexion