

ANKLE STABILITY EXERCISE CHART

NAME: _____ WEEK OF: _____

EXERCISE	PROTOCOL	SETS/REPS	M T W T F S S
Single Leg Stance Static balance on flat ground	Hold for 30-60 sec. Maintain level hips.	3 Sets	
Calf Raises Controlled eccentric lowering	3 sec up, 3 sec down. Focus on big toe drive.	2 x 15	
Ankle Alphabet Range of motion focus	Trace A-Z with toes, moving only the ankle.	2 Cycles	
Banded Inversion Resisted internal rotation	Slow, controlled pull against resistance band.	3 x 12	
Tandem Walk Heel-to-toe progression	Walk in straight line, 10 steps forward/back.	4 Reps	

THERAPIST NOTES / PROGRESSION:

Focus on quality over quantity. If pain exceeds 3/10, stop and rest. Perform barefoot for maximum proprioceptive feedback.