

Band Eversion:

Exercise Purpose:

To strengthen the muscles and structures on the outside of your ankle



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=892>

Key Points:

- Sit on a chair or the floor with your knees bent or straight
- Make a loop in your band and wrap it around your right ankle (if you are strengthening your right ankle)
- Then loop the other end of the band under your left foot and if the band is long enough hold it with your left hand
- Begin with your right foot pointing inward
- Once the band is tight slowly move your right foot away from your body's midline. This should be engaging/working the muscles on the outside of your right ankle
- Keep your right heel, right knee, right hip still throughout this process
- Your left foot should not move throughout this exercise
- Once you have taken your right foot away from the midline as far as it can go then slowly let it back in towards the starting position again
- Breathe gently throughout this exercise

*The tighter you have the band the harder the exercise will be. Gradually make the band tighter as you progress