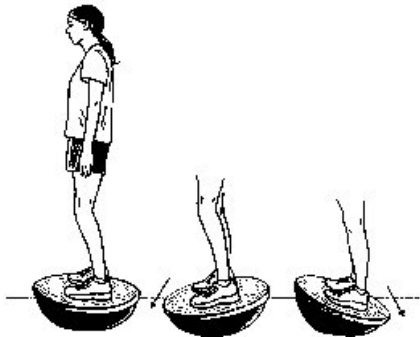
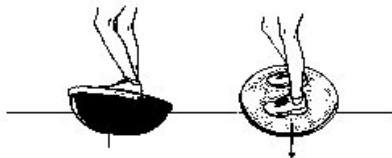


Ankle Wobble–Board Strength Exercises

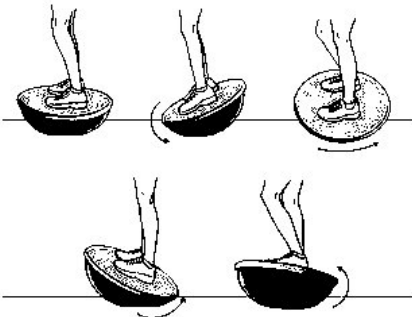
If starting out, perform these in a doorway so you can hold on with your hands to maintain balance.



Standing on wobble-board in neutral position, slowly move back and forth.



Standing on wobble-board in neutral position, slowly move side to side.



Standing on wobble-board in neutral position, slowly make a circle by touching the edge to the floor all the way around the wobble-board. Then do it in the opposite direction .

Do Not Cause Pain.

HOLD: 5 10 **REPS:** 5 10 **SETS:** 1 2 3

Ice After Exercises, and 20 Mins Every Hour

Name _____ Date _____ Dr. _____