Seated upward motion pull

Physical Therapy in Greenville for Ankle

Attach a resistance band to a firm support in front of you (e.g. table leg) and looped the other end over the top of your foot. Pull your ankle upward (toes up towards your knee) against resistance. Slowly lower back to neutral or a toes pointed position. Hold and repeat as advised by a Physical Therapist at Purposed Physical Therapy.