

# Some Examples of Strengthening Exercises

## Ankles

Walking up on toes  
Walking on heels  
Walking on outside of foot  
Walking on inside of foot  
Heel raises on the floor  
Heel raises and Heel Drop on bench - extension do on single leg.

Using resistance band round foot  
Move toes up and down  
Move ankles in and out  
Add resistance by tying band round solid object and repeat above exercises

## Knees

Balance on one leg  
Stand on one leg and move opposite leg, forward, side and back.  
Squats (knees mustn't go over toes)  
Wide leg squats  
Single leg squat  
Next level  
    put one foot up behind you (on bench) and then squat  
    Put a towel under foot and squat (unstable base)  
    Front foot raise up onto toes and then squat

## General

Bridge  
Single leg bridge (one leg bent, one leg straight)  
Bridge with soft ball between knees  
Using gym ball, put feet on ball, then go up into bridge, roll gym ball in and out  
Kneel on floor in 4 point kneeling. One leg reach up to ceiling. Can add weight behind knee  
Plank  
Side plank