Ankle Eccentric Eversion Proprioception Program

**Eccentric Heel Lowering on Step**

**Reps: 10  Sets: 3  Weekly: 5x  Daily: 2x**

**Setup**
Begin standing on a small step or platform with your heels off the edge, holding onto a stable object for balance.

**Movement**
Raise both heels up, then lift one foot off the platform and slowly lower your other heel. Repeat this movement.

**Tip**
Make sure to maintain your balance and keep your back straight throughout the exercise.

**Reps: 10  Sets: 3  Weekly: 5x  Daily: 2x**

**Setup**
Begin sitting upright on the floor with your legs straight in front of you, a resistance band wrapped around your foot, and a towel roll underneath your ankle.

**Movement**
Point your toes away from you, keeping the band slack, then pull back on the band and slowly move your foot back toward you. Repeat.

**Tip**
Make sure to control the movement and do not rotate your foot to either side.
**Long Sitting Ankle Eversion with Resistance**

**Reps:** 10  **Sets:** 3  **Weekly:** 5x  **Daily:** 2x

**Setup**
Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

**Movement**
Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

**Tip**
Make sure to avoid any hip movement.

**Single Leg Balance on Foam Pad**

**Reps:** 10  **Sets:** 1  **Hold (sec):** 15  **Weekly:** 5x  **Daily:** 2x

**Setup**
Begin in a standing upright position on a pillow or foam surface with your arms resting at your sides.

**Movement**
Raise both arms and lift one foot off the surface by bending your knee, transferring your weight to your other leg. Hold this position.

**Tip**
Make sure to keep your back straight during the exercise. Do not lose your balance and do not let your legs touch while you are balancing.