

Ankle stretch.

This will stretch the muscles that pull your ankle inwards to bring them into a straight position.

- This can be done in a lying or sitting position.
- Place your hands around the bottom of the foot.
- Gently stretch the foot out to the side by turning the sole of the foot outwards.
- Hold for 20-30 seconds and relax. Repeat 3 times with each leg twice per day.

