

# CREATING STABILITY

## ANKLE STRETCH & STRENGTH CHALLENGES WESTPORT WESTON FAMILY YMCA



**TOE CURLS**

Begin with feet flat on the floor. Squeeze your toes as if you are picking up a marble. Progress to picking up a marble.



**ANKLE ROLLOUT**

Begin with feet flat on the floor. Rotate big toe up as you roll your foot towards your baby toe. Return to center and do other foot.



**INVERSION  
EVERSION**

Begin with feet flat on the floor. Rotate feet outwards and inwards. You can do both together or one at a time.



**ANKLE ROTATION**

Pick up one foot and roll your toes around in one direction in a circular motion then roll the other way. Return to center and roll the other foot.



**POINT TOES**

Place your foot onto a ball. Roll your foot forward until your toes are pointed down and your ankle is stretched, then roll your foot back to center and continue until your toes are facing upwards and your foot is in a flexed position.



**FLEX TOES**



**BALANCE CHALLENGE**

Stand with feet hip width apart. Slowly roll up onto the ball of your feet and hold for up to 15 seconds before you roll back down.

### QUESTIONS:

**WESTPORT WESTON FAMILY YMCA**

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