



Ankle Circle

Target: ankle

STARTING POSITION: Sit at the edge of a stable chair.

1. Extend your left leg straight out in front of you and lift it off the ground.
2. Keeping your leg stationary (using your hands for support, if necessary), point your toes and draw several circles with your foot in both directions.

Switch sides and repeat.

Variation Ankle Writing: Point your toes and write your address and phone number with your foot. Switch sides and repeat.

