

Ankle Sprain Correctives

Drills

Level 1

Exercise	Sets	Reps
Anterior Tib Band	2	10
Flat Foot Knee Fwd Stretch	1	1 min

Level 2

Exercise	Sets	Reps
Calf Raise	2	15
3-Way Ankle Band	2	10
Flat Foot Knee Fwd	1	1 min

Level 3

Exercise	Sets	Reps
Anterior Tib Band	2	10
3-Way Ankle Band	2	10
3-Way BW SL RDL	2	10
Flat Foot Knee Fwd	1	2 min