

## Exercise 8. Ankle Loosener

Helps to loosen the ankle to improve the motion for walking

### What do I need?

1 Chair



1. Sit tall, with a straight back and neck.  
Place feet hip distance apart.

2. Gently kick one leg out and point toes to the sky.  
Flexing your foot, 'dig' your heel towards the floor.



3. Flex your foot, to point your toes and tap the floor.  
Repeat this sequence 4 times for each leg.