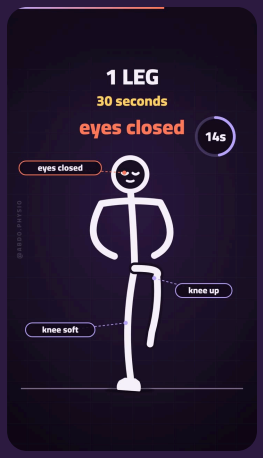
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FREE GUIDE

The 8-week ankle balance plan

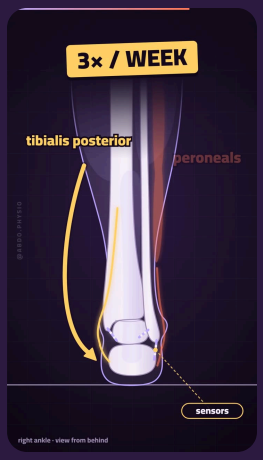
For an ankle that keeps rolling after a sprain. Retrain your ankle's GPS in a few minutes, 3 times a week.



1 Single-leg balance

30 SECONDS **3× A WEEK** **8 WEEKS**

1. Barefoot, near a wall or counter. Stand on your **injured leg**.
2. Knee **soft**, not locked. Hold **30 seconds**.
3. Swap legs. Do a few rounds.
4. Wobbling? **Good.** That wobble is what you're training.



2 Make it harder, step by step

Move up only when the level feels steady.

1. Eyes open, firm floor
2. **Eyes closed**, firm floor
3. Eyes open on a folded **towel or cushion**
4. Turn your head slowly, or **catch a ball** while balancing
5. Small **hops** on the spot, landing softly

Tick off each week: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8

⚠ Get it checked first if...

- you **can't take 4 steps** on it
- **bone pain** when pressing the ankle knobs or the bony bumps on the sides of your foot
- the ankle looks **deformed**, or your foot is **numb or cold**
- it's **not improving** after a couple of weeks



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Educational content only. Not a substitute for an in-person assessment by a physiotherapist or doctor. Stop any exercise that causes sharp or worsening pain. 8-week balance training cut repeat sprains by about a third: Hupperets et al., BMJ, 2009.