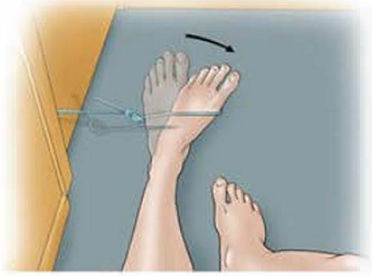


Foot Sprain Rehabilitation Exercises



Resisted ankle inversion



Resisted ankle eversion



Heel raise



Balance and reach exercise A



Balance and reach exercise B