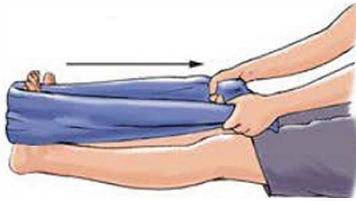


Foot Sprain Rehabilitation Exercises



Towel stretch



Standing calf stretch



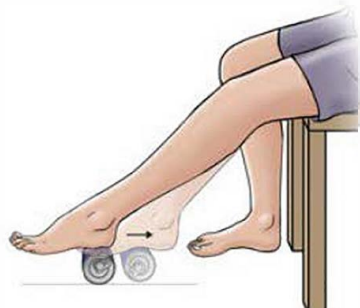
Standing soleus stretch



Ankle active range of motion



Resisted ankle dorsiflexion



Frozen can roll