

Progression ↑ ↓	Ankle mobility & strengthening exercises	Stepping exercises	Weight bearing & balancing exercises
	Theraband exercises	Stepping forward and backward with affected foot (standing on affected foot)	Taking as much weight on unaffected foot as possible
	Heel raises on both feet	Step-ups: affected foot on step, unaffected foot stepping from ground to step and back	Standing on affected leg only
	Heel raises with unaffected foot on a chair, affected foot on the ground	Lateral stepping: affected foot on step with medial border of foot parallel to edge of step. Unaffected foot stepping sideways from ground to step and back	Standing on affected leg with eyes closed
	Heel raises standing on affected foot		Standing on affected leg on foam
	Heel raises standing on affected foot on a step	Step-downs: affected foot on step, unaffected foot stepping forward off step to ground and back	Standing on affected leg on foam with eyes closed