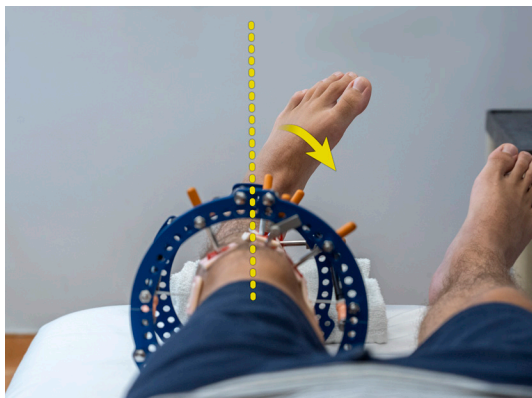


**Ankle inversion****Ankle eversion****Ankle inversion and eversion**

**Starting position:** Sitting or lying down

1. For inversion, bring the big toe in towards the midline.
2. For eversion, move the baby toe away from the midline.
3. Make sure only the foot and ankle are moving. Keep the rest of the leg still. It might help to imagine that the foot is moving like a windshield wiper.

Do \_\_\_ inversions and eversions.

Repeat \_\_\_ times a day.

*\* Note: If your child's ankle gets tight, you may be asked to help them stretch it further towards or away from the midline. Your therapist will help with this.*