

Europe's leading shoulder pulley

The Original

# MSD-BAND

## RESISTIVE EXERCISE SYSTEM

# Ankleciser

In general, when you are able to perform 3 x 10 repetitions twice daily, you are ready to advance to the next resistance level. Nevertheless, use the MSD-Band Ankleciser only after consulting a trained licensed health-care professional.



### Getting started

Select the resistance level, recommended by your physical therapist.

Place the strap over your feet, with the edge at the base of your little toe.

While performing the exercises, try to hold your knees steady. It might help to stabilize them with your hands.

Place your feet flat on the floor.  
While keeping your heels together rotate your forefeet away from each other as far as possible.  
Try to hold for 5 seconds.



Place your feet flat on the floor.  
While keeping your knees together and firmly on the ground, lift one foot up and away from the other foot.

Keep your heels together on the floor. Lift one foot up while pushing the other one down.  
This exercise can be performed with straight or flexed knees.



Cross your feet and pull them away from each other.

To increase the tension, you can combine different resistance levels, to obtain your customized workout level.



To increase the tension of a single resistance level, place the back of a shoe between your heels.

More exercises on [www.msd-band.com](http://www.msd-band.com) and 

