

## ARCHCOACH™ HOPS for ANKLES



Adjust the ArchCOACH™ to the position shown. For “ankle” exercises the ArchCOACH™ strap must course from on top of the foot around the outside of the foot and is pulled up under your arch and held up by your hand.

The ArchCOACH™ “X” gives an estimate of the direction in which to apply the strap. For “ankle” exercises begin the strap at the front inside of the top of the foot and attach it so that the ArchCOACH™ velcro runs diagonally across the ArchCOACH™ “X”.

Next apply resistance by pulling the strap onto the desired tension. Slightly roll your foot in against the resistance of the ArchCOACH™ and maintain this foot position against the resistance.

To perform the exercise, place your feet 10cm apart and rise up on to your toes in one explosive effort leaving the ground ever so slightly.

Do not let the resistance from the ArchCOACH™ roll your foot out at any stage throughout the hop.

Repeat these hops as instructed by your therapist.