



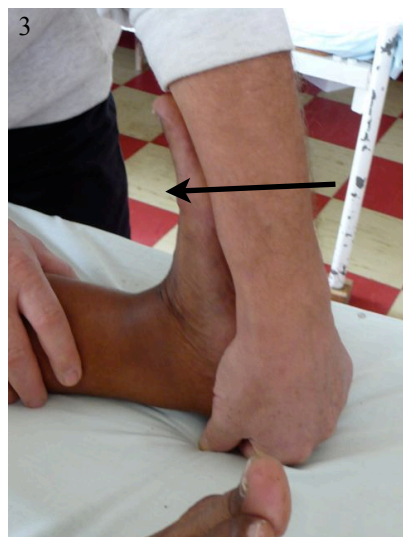
Ankle mobilisation adults



Ankle inversion



Ankle eversion



Ankle dorsal flexion



Ankle mobilisation adults



Lower ankle pronation



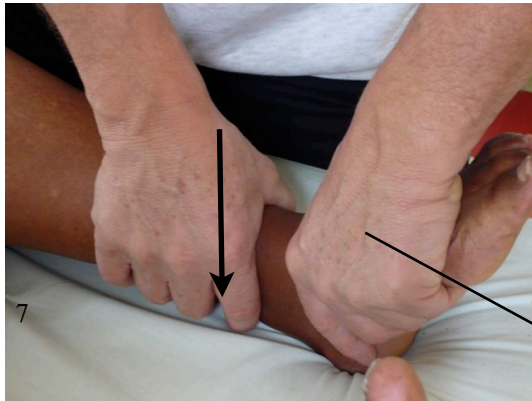
Lower ankle supination



Ankle positioning for mobilisation

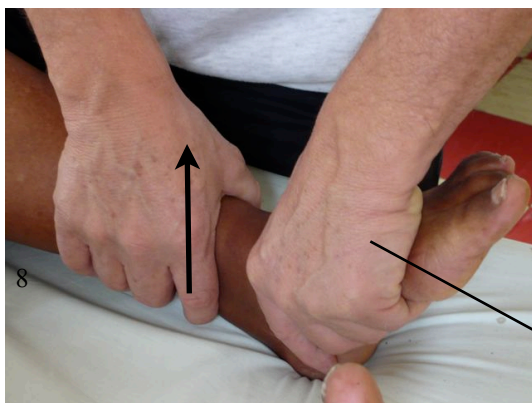


Ankle mobilisation adults



Ankle ap-mobilisation of Tibia

stabilizing hand



Ankle pa mobilisation of Tibia

stabilizing hand



mobilisation of the medial Tarsal bones



Ankle mobilisation adults



Tarsal bones mobilisation. central 1



Tarsal bones mobilisation. central 2



Massage between Metatarsal bones medial



Ankle mobilisation adults



Massage between Metatarsal bones lateral



Massage Achilles tendon in prone lying



•Massage lower leg muscle



Ankle mobilisation adults



Massage lower leg muscle with deep strokes



Ankle dorsal flexion stretching



Ankle plantar flexion stretching