

## Ankle Weights

Your therapist is recommending that you start using ankle weights with your exercises. If you already have a set of ankle weights at home then use those. If you don't have any, there are a variety of ankle weights you can buy. We recommend All Pro Weight Adjustable Weights®. These weights have cushioned flaps to help protect your ankle and Achilles tendon against rubbing. The adjustable weights come in a pair. Each ankle cuff can hold 5 lbs for a total of 10 lbs for the pair. To adjust the weights of each cuff add a 1/2 lbs. iron weight into the pockets of the cuff. These iron weights come as part of a set with the ankle weights. If you wish to purchase these ankle weights on Amazon, type in the search box "All Pro ankle weights". Then click on the first item on the page. Make sure you are ordering the ankle weights that are the 10-lb. pair (up to 5-lb. per ankle).

