**Ankle and foot strengthening**

<https://www.youtube.com/watch?v=dcH44rEnGe0>

<https://www.physioadvisor.com.au/exercises/strengthening-joints/ankle/>

<http://www.thera-bandacademy.com/tba-exercise-program/Thera-Band-Ankle-Exercises>

<https://www.youtube.com/watch?v=parkHlb4pl0>

**Knee tracking correction**

<https://www.youtube.com/watch?v=piMtB3sOh5s>

<http://www.knee-pain-explained.com/knee-cap-exercises.html>

**Gluteus Medius Fire Hydrant strengthening**

<https://www.youtube.com/watch?v=CNxBgYhPCKM>