

STRENGTH

Both ankle and lower leg strengthening to promote stability.

I advise to having a **whole body** strength routine to promote balance and further stability.

Perform 2-3 sets of 8-12 reps (on each foot/leg)

Ankle Dorsiflexion Concentric (Band)

Preparation:

- Sit with your leg straight in front of you

Execution:

- Pull your toes towards your nose, bending at the ankle



Loop tubing / bandover
the top of your foot



Toes to nose

Ankle Plantar Flexion Eccentric (Band)

Preparation:

- Sit with your leg straight in front of you
- Point your toes away from you

Execution:

- SLOWLY relax your ankle against resistance
- Point your toes away from you, returning to the start position



Loop tubing around foot



Let ankle rise up against
resistance

Ankle Eversion Concentric (Band)

Preparation:

- Sit with your leg straight in front of you

Execution:

- Turn your foot outwards against the resistance, pointing your toes away from the middle.
- Relax your foot back to the start position in a controlled manner



Start Position



Turn foot outward

Ankle Inversion Eccentric (Band)

Preparation:

- Sit with your leg straight in front of you
- Turn your ankle inwards

Execution:

- SLOWLY relax your ankle, letting the resistance pull your foot outwards in a controlled manner
- Turn your ankle back inwards against the resistance, returning to the start position



Start position



Slowly relax ankle, fighting the resistance

Heel + Toe Raises

Preparation:

- Sit forward on a chair with your feet flat on the floor

Execution:

- Rock weight forward onto the toes, lifting your heels
- Rock weight back on to heels, lifting your toes



Raise heels



Now raise toes

Calf Raise Eccentric | Bilateral

Preparation:

- Stand next to a chair, counter or wall
- Stand on your tip toes, lifting your heels as high as you can

Execution:

- SLOWLY lower your heels down to the ground
- Stand on your tips toes, returning to the start position



Stand on tip toes



Slowly lower heels down to ground

Single Leg Stance

Execution:

- Stand and balance unsupported



Stand and balance

PROPRIOCEPTION

Hold standing balance poses for 10 sec - 1 min progressing when stable.

Tilt Board Balance - Lateral

Preparation:

- Stand on tilt board so it tips side to side

Execution:

- Balance and keep the tilt board level



Balance and keep the tilt board level

Step Up (Bosu)

Preparation:

- One foot on a bosu ball

Execution:

- Step tall



One foot on a bosu ball



Step tall

Lateral Step Up (Bosu)

Preparation:

- One foot on a bosu ball

Execution:

- Step tall



One foot on a bosu ball



Step tall

Single Leg Balance (Bosu)

Preparation:

- Stand on Bosu with round side up

Execution:

- Balance on one leg



Balance on Bosu, round end up

Lunge | Forward (Bosu)

Preparation:

- Stand in front of a bosu ball

Execution:

- Lunge onto the ball



Stand in front of a bosu ball



Lunge onto the ball

Partial Squat (Bosu)

Preparation:

- Stand with good posture on a Bosu

Execution:

- Perform a squatting motion initiating by bending at the hip
- Only squat to 45 degrees



Feet shoulder width apart



Semi-Squat - Knees aligned with toes



Squat by bending at the hip



Straight back, knees aligned over toes

Single Leg Squat (Bosu)

Preparation:

- Stand on one leg on a Bosu

Execution:

- Begin to squat with one leg by bending at the hip and knee
- Return by straightening at the hip
- Keep your knee in line with your toes at all times



Balance on one leg on a Bosu



Squat

STRETCHING

For increased range of motion and flexibility.

Hold each stretch for 45 sec - 1 min and repeat 2-3xs

If wanting more flexibility hold stretches for 1 min

Tilt Board Touches - Front/Back

Preparation:

- Stand on tilt board so it tips front to back

Execution:

- Try and touch the tip of the board to the ground under control
- Repeat on the opposite side



Start Position



Tip to the back under control



Return to start position



Repeat to the front

Calf Release (Foam Roller)

Preparation:

- Sit with your calf on a foam roll.

Execution:

- Roll your calf up and down on the roll.
- Stop on tight portions of the calf muscle to allow them to release.



Sit with calf on foam roll



Roll calf up and down roll

Gastrocs Stretch (Wall)

Preparation:

- Stand in front of a wall with one leg forward and one leg back

Execution:

- Keeping your back leg straight and heel on the ground, lean forwards, bending your front knee



Lean forward, back knee locked, heel on ground

Soleus Stretch (Wall)

Preparation:

- Stand in front of a wall with one leg forward and one leg back as shown

Execution:

- With the back leg bent, sit back onto your back foot, keeping your heel on the ground



Drop back knee toward ground

Tib Ant Stretch

Preparation:

- Stand next to a wall, with the foot to be stretched behind you

Execution:

- Push the top of your foot down against the ground, straightening your ankle as much as you can



Push top of foot against ground