

ANKLE MOBILITY



KNEE TO WALL



1. Split stance position facing a wall, front foot placed a few inches from the wall.

2. Attempt to touch your knee of the wall, without letting your heel elevate on the front foot.

3. Find the maximum possible distance before the heel lifts and work here for 15-20 reps, then switch feet and repeat.

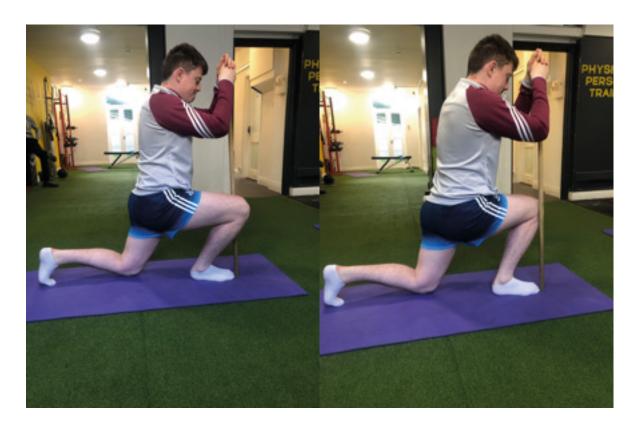


CALF STRETCH



- 1. Stand on an elevated surface(e.g reebok step) with only your toes supported.
- 2. With your hands placed on the wall for stability, lower your heels to apply stretch.
- **3. Hold at a tolerable stretch for 15-20 seconds.**
- 4. Repeat 3 times.

DOWEL MOBILISATION/ STRETCH



1. In a half kneeling position, place the dowel vertically on the ground just in front of the elevated knee.

2. Stabilise the dowel with your hand.

3. Drive the front knee forward and to either side of the dowel while keeping the front heel on the ground.

4. 15 reps to either side of the dowel on both legs.



BAND DORSIFLEXION MOBILISATION



1. Place a resistance band around a rack or a sturdy leg of furniture, while placing the other side around the front of the ankle joint.

2. Walk forward until you feel resistance on the band.

3. In this position, drive your knee over your foot, all the while keeping your heel on the ground.

4. Repeat 20-30 reps on each leg.



ANKLE SHIN/ STRETCH



1. In a kneeling position, extend your toes and place the top of your foot directly on the ground,

2. Sit back onto your heels to apply a stretch and hold this in a tolerable position for 15-20 seconds.

3. Repeat 3 times.