



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.**