

ANKLE INJURY PREVENTION & MAINTENANCE PROGRAM



Use this injury prevention program to help minimize your risk of ankle injury. This program should be completed *once daily, 3 – 5 times per week* for best results.

SLANT BOARD GASTROCNEMIUS STRETCH // Sets: 1 | Reps: 3 | Hold: 20 seconds

STEP 1



STEP 2



STEP 3



Setup

Begin by standing behind a slant board.

Movement

Step onto the board, leaning into the slope until you feel a good stretch.

Tip

You can hold onto a wall or pole for balance as needed. Keep your heels down on the slant board.

SLANT BOARD SOLEUS STRETCH // Sets: 1 | Reps: 3 | Hold: 20 seconds

STEP 1



Setup

Begin by standing behind a slant board.

Movement

Step onto the board, bend your knees and lean into the slope until you feel a good stretch.

Tip

You can hold onto a wall or pole for balance as needed. Keep your heels down on the slant board.

STANDING ANKLE PLANTARFLEXION SELF-MOBILIZATION // Sets: 1 | Reps: 15 | Hold: 5 seconds

STEP 1



STEP 2



Setup

Begin in a staggered stance position with a resistance band looped around the front bottom part of your back leg.

Movement

Bend your forward leg pulling your back leg against the resistance. Slowly return to the starting position and repeat.

Tip

Make sure to keep your feet pointing straight forward.

SEATED ANKLE EVERSION WITH RESISTANCE // Sets: 1 | Reps: 15

STEP 1



STEP 2



STEP 3



Setup

Begin sitting in a chair with a resistance band looped around one foot and anchored under your other foot.

Movement

Slowly rotate your foot outward, pulling against the resistance band, then return to the starting position and repeat.

Tip

Make sure to keep the rest of your leg still during the exercise and maintain tension in the band.

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SEATED ANKLE DORSIFLEXION WITH RESISTANCE // Sets: 1 | Reps: 15

STEP 1



STEP 2



STEP 3



Setup

Begin sitting upright holding one end of a resistance band anchored under one foot and looped around the other.

Movement

Bend your foot upward, pulling against the resistance. Hold briefly then slowly lower your foot back down and repeat.

Tip

Make sure to keep both heels on the ground during the exercise.

SEATED ANKLE INVERSION WITH RESISTANCE // Sets: 1 | Reps: 3 | Hold: 20

STEP 1



STEP 2



Setup

Begin sitting upright with a resistance band looped around your foot and anchored around a table leg or to a wall hook on the same side as your foot.

Movement

Rotate your ankle inward, pulling against the resistance, then slowly return to the starting position and repeat.

Tip

Make sure to keep your foot parallel to the floor and try to keep the rest of your leg still during the exercise.

STANDING ECCENTRIC CALF RAISE // Sets: 1 | Reps: 15 | Hold: 5 seconds

STEP 1



STEP 2



Setup

Begin in a standing position with both feet on the ground. You can hold onto a chair or table for support.

Movement

Raise up onto your toes. Lift one leg off the floor, then slowly lower your heel to the floor. Repeat this motion.

Tip

Make sure that the single leg lowering motion is performed slowly. Try not to let your knee bend as you lower your heel.

SINGLE LEG BALANCE ON FOAM PAD // Sets: 1 | Reps: 5 | Hold: 30 seconds

STEP 1



STEP 2



Setup

Begin in a standing upright position on a foam surface with your arms resting at your sides.

Tip

You can increase the difficulty by throwing and catching a ball with a partner (3 sets of 20 tosses).