










Ankle and Foot Program: Foundational (Ankle 1)

<p>Mobility</p> <p>Purpose: restore flexibility in tight arches, achilles, calves and behind the knee</p> <p>Key Points: push toes into ground for added foot activation</p>	 <p>Pigeon with chest to thigh then lift chest</p>	 <p>Down dog with alternating heel lifts</p>	 <p>Frog squat to stand</p>
<p>Strength</p> <p>Purpose: increase foot awareness and strength with precision ankle range of motion</p> <p>Key Points: use foot to make the board touch all edges to the ground</p> <p>3 sets x 10 reps</p>	 <p>2 foot bridges, toes in the air, lift hips with hands pushing into ground</p>	 <p>1 foot ankle circles with 1 foot on ground, touch all edges to the ground</p>	 <p>2 feet ankle circles, touch all edges to the ground using feet strength</p>
<p>Endurance</p> <p>Purpose: train ankles to balance and stabilize when you walk, jump, run or land on one foot</p> <p>Key Points: hamstring strength is important for ankle injury prevention</p> <p>4 reps x 15 second holds</p>	 <p>1 foot bridge hold with hands pushing into ground</p>	 <p>Tandem stance heel to toe with tall posture and foot control</p>	 <p>1 foot standing hold with tall posture and board control from foot</p>
<p>Recovery</p> <p>Purpose: release lower leg tissue that commonly lead to pain from unsupportive shoes, inactivity, high heels, chronic ankle sprains or repetitive physical activity without recovery</p> <p>Key Points: point toes for deeper stretch</p>	 <p>Feet and arches with deep squat reps</p>	 <p>Calf with toes pointing both directions</p>	 <p>Shin with toe pointing both directions</p>

Ankle and Foot Program: Advanced (Ankle 2)

<p>Mobility</p> <p>Purpose: end range foot and ankle flexibility with additional lateral movements</p> <p>Key Points: push toes into ground for added foot activation</p>	 <p>Alternating 1 leg down dog with heel lifts</p>	 <p>Heel sits with top of foot on ground to child pose</p>	 <p>Deep side step keeping heel on ground</p>
<p>Strength</p> <p>Purpose: fine tune foot and toe strength for a solid base of support for your ankle</p> <p>Key Points: take your time to activate all range of motion for your ankle</p> <p>3 sets x 10 reps</p>	 <p>1 foot bridge with board circles, touch all edges to the ground</p>	 <p>Split stance with heel raises up and down</p>	 <p>Squat stance with toe raises up and down</p>
<p>Endurance</p> <p>Purpose: add strength to inside/outside muscles commonly weak in ankle sprains</p> <p>Key Points: deep knee bend position helps with flexibility of calf</p> <p>4 reps x 15 second holds</p>	 <p>1 foot bridge with toes in the air, hold hips high, push hands into ground</p>	 <p>Push board down with hand, resist tilt with outside or inside of foot</p>	 <p>Push board from front or back, resist rotation using foot and ankle strength</p>
<p>Recovery</p> <p>Purpose: release lower leg tissue that commonly lead to pain from unsupportive shoes, inactivity, high heels, chronic ankle sprains or repetitive physical activity without recovery</p> <p>Key Points: use a very small 1" ball for your arch</p>	 <p>Feet and arches with deep squat reps</p>	 <p>Calf with toes pointing both directions</p>	 <p>Shin with toe pointing both directions</p>