



ANKLE MOBILITY AND STABILITY FOR INJURY PREVENTION

The ankle plays a pivotal role in how the body interacts with the ground. This ground force reaction can cause a chain of events that can lead to overload, twisting and ultimately injury of other areas further up the body. This is supported by Hoch et al (2015) that found a correlation between ankle and hip injury.

See below for some simple exercise to improve movement, power and balance of the foot and ankle.

Ankle Rolls

Point toe and rotate ankle in a clockwise direction, then an anti-clockwise direction. Repeat 30 times in each direction.



Ankle 'Inversion' and 'Eversion'

Place towel around foot, rotate foot in and out, assisting with the towel. Repeat 20 times each way.



Heel Raises

Standing on the balls of your feet on a step, raise up onto your toes then slowly lower back down, below the level of the step. Repeat 3 sets of 10.



Hops

Using a solid surface for support, stand on one foot, bending knee and push off toe. Repeat 3 sets of 10.



Standing On One Leg

You can progress this exercise to add difficulty by standing on a cushion. Both of these exercises can be progressed further by completing them with your eyes shut. Hold for 5-10 seconds, 10 times on each leg.



FANCY A CHALLENGE?

If you can comfortably complete the above exercises, try this. Go to a corridor/hallway, and see if you can do a length on just your heels and a length on the balls of your feet, without holding on!



Reference

Matthew C. Hoch, Kelley E. Farwell, Stacey L. Gaven, and Joshua T. Weinhandl (2015) Weight-Bearing Dorsiflexion Range of Motion and Landing Biomechanics in Individuals With Chronic Ankle Instability. *Journal of Athletic Training*: August 2015, Vol. 50, No. 8, pp. 833-839.



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