



# 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.



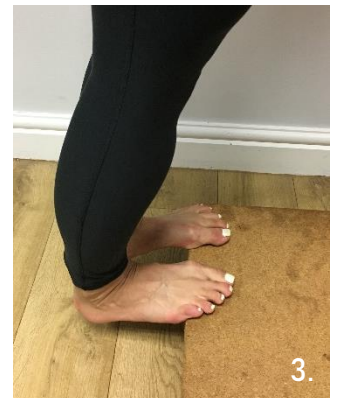
## Ankle 'Inversion' and 'Eversion'

Place towel around foot, rotate foot in and out, assisting with the towel



## 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.



## Hops

Using a solid surface for support, stand on one foot, bending knee and push off toe.



## 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.



## 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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