

Your Body Is Your Machine

Keep it well oiled, moving correctly, and maintained. Use this test to determine your ankle mobility. Feeling tightness in the front of the ankle? That could point to a joint restriction. Tightness in the back? That's more likely a soft tissue limitation, like tight calf musculature.

TESTING. TESTING...

Place your foot about 4 inches from a wall. Keep your heel and the rest of your foot flat on the floor as you try to touch your knee to the wall. If your knee reaches the wall without your heel lifting, you likely have enough dorsiflexion to support a proper squat.



We need both **mobility** AND **stability** at the ankle joint. Let's better define the difference. Picture your front door. The door's ability to open and close is its mobility. The stability of the door comes from the hinges. We want to make sure that our doors open all the way and do so as smoothly as possible. Having great mobility and stability allows you to work at your best without dealing with aches and pains (= creaky doors). Use these exercises to identify specific areas to work on and to keep you working at your best!

MOBILITY

KNEE TO WALL STRETCH

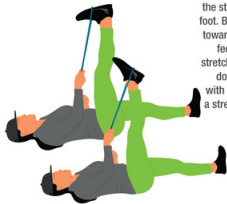
Start in a 1/2 kneeling position facing a wall with your hips parallel to it. Put your front foot a few inches in front of the wall, with your toes facing forward. Keeping your heel on the floor, bend your front knee toward the wall. Hold.



20 Sec

SUPINE ANKLE STRETCH WITH STRAP

Lay on your back with the strap around your foot. Bring your leg up towards you until you feel a comfortable stretch. Pull your toes down towards you with the strap to feel a stretch in your calf.



20 Sec

TOE DRAW ABC'S

Stand on one leg. Write out the ABC's with your big toe. Repeat on the other side.



5 Reps

HEEL TO TOE ROCKING

In standing, rock back onto your heels and forward onto your toes.



10 reps

PLANTAR FASCIA STRETCH

Grasp your toes and pull them into an extended position. You should feel a stretch on the bottom of your foot at the base of your toes.



5 Reps

CALF STRETCH WITH HEEL PROP

With hands on a wall or chair, prop your toes up onto the wall and lean forward to feel a stretch in your calf.



20 Sec

STABILITY

CALF RAISES

Push up onto your toes as high as possible. Hold at the top for a second, then slowly lower your heels.



20 Secs

TOWEL SCRUNCHES

Sitting in a chair with your feet positioned on a towel, scrunch your toes to bunch up the towel under your foot.



10 Reps

BIG TOE EXTENSION

Standing with bare feet on a flat surface, lift the big toe off the floor.



10 Reps

SQUAT

Hips BACK, chest UP. Let's see how you SQUAT RIGHT.



5 Reps

SHORT FOOT

Keeping toes, ball of foot, and heel on the ground, lift arch by pressing the ball of the big toe into the ground and sliding toward heel. Toes should not curl. Hold for 10 seconds.



10 Reps

PIANO TOES

Raise all toes off of the floor. Slowly lower each toe down sequentially starting with the pinky toe.



10 Reps

Before beginning any exercise program, please consult your healthcare provider to ensure that you are in good health and that these exercises are suitable for your current fitness level. The information provided in this exercise routine is for educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment.