

Ankle Mobility



Knee break: stand on floor with balls of feet elevated as shown. Squat down and drive knees forward. Perform 20 reps.



Ankle drivers: align toes 5 inches from wall. Drive knee toward wall while keeping heel on ground. Perform 20 reps.



Talocrural self-mobilization: wrap band around front foot, under ankle and tack down with back knee. With dowel on outside of foot, drive knee forward and outside of dowel. You may use chair for support as shown. Perform 20 reps.



Leg swings: allow arch of stance leg to fall and rise as swing leg changes position. Perform 20 swings.

Medical Disclaimer

This online information is intended for your general knowledge only and not to diagnose or treat any specific medical condition. You should consult your healthcare professional before starting an exercise program or to help design an exercise program appropriate for you. Please do not disregard any medical advice and/or delay seeking any medical treatment because of something you read or access through this website. You should stop any exercise and promptly consult your healthcare professional if you experience symptoms such as weakness, unsteadiness, dizziness, chest pain or pressure, nausea, or shortness of breath, or if mild soreness that can occur after beginning an exercise program, fails to improve after 2 or 3 days.

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