

**Notes from your Provider**

For those athletes who are starting to get ankle soreness or shin soreness. These are great exercises to strengthen the ankles

STEP 1



STEP 2

**Gastroc Stretch on Wall**

**REPS:** 3 | **SETS:** 3 | **HOLD:** 30 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup**

- Begin in a standing upright position in front of a wall.

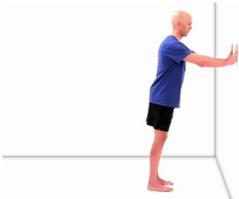
**Movement**

- Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

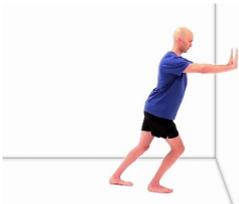
**Tip**

- Make sure to keep your heels on the ground and back knee straight during the stretch.

STEP 1



STEP 2

**Soleus Stretch on Wall**

**REPS:** 3 | **HOLD:** 30 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup**

- Begin in a standing upright position in front of a wall.

**Movement**

- Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

**Tip**

- Make sure to keep your heels on the ground and back knee bent during the stretch.

STEP 1



STEP 2

**Long Sitting Calf Stretch with Strap**

**REPS:** 3 | **HOLD:** 30 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup**

- Begin sitting on the floor with one foot stretched in front of you, your other knee bent, and a strap secured around your foot.

**Movement**

- Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

**Tip**

- Make sure to keep your knee straight during the stretch.

STEP 1



STEP 2



## Standing Heel Raise

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 1x

### Setup

- Begin in a standing upright position with your feet shoulder width apart.

### Movement

- Slowly raise both heels off the ground at the same time, then lower them down to the floor.

### Tip

- Make sure to keep your upper body still and avoid gripping with your toes.

STEP 1



STEP 2



## Standing Single Leg Heel Raise

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 1x

### Setup

- Begin in a standing upright position.

### Movement

- Lift one foot off the ground to balance on your other foot. When you are balanced, slowly raise your heel off the ground, then lower it back down and repeat.

### Tip

- Make sure to maintain your balance during the exercise and do not let your ankle rotate to either side.

STEP 1



STEP 2



## Long Sitting Ankle Eversion with Resistance

**REPS:** 10 | **SETS:** 3 | **HOLD:** 3 | **WEEKLY:** 5x | **DAILY:** 2x

### Setup

- Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

### Movement

- Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

### Tip

- Make sure to avoid any hip movement.

STEP 1



STEP 2



## Long Sitting Ankle Inversion with Resistance

**REPS:** 10 | **SETS:** 3 | **HOLD:** 3 | **WEEKLY:** 5x | **DAILY:** 2x

### Setup

- Begin sitting upright on the floor with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

### Movement

- Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

### Tip

- Make sure to avoid any hip movement.

STEP 1



STEP 2



## Seated Toe Raise

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 3x

### Setup

- Begin sitting upright on a chair with your feet flat on the floor.

### Movement

- Raise your toes up off the floor.

### Tip

- Make sure to keep your heels on the floor.

STEP 1



STEP 2



## Single Leg Stance on Foam Pad

**REPS:** 3 | **SETS:** 3 | **HOLD:** 30 | **WEEKLY:** 5x | **DAILY:** 1x

### Setup

- Begin in a standing upright position on a foam pad with your feet together and arms resting at your sides.

### Movement

- Lift one foot off the pad, balancing on your other leg. Maintain your balance in this position.

### Tip

- Try not to move your arms away from your body or let your weight shift from side to side.

## STEP 1



## STEP 2



## Diagonal Forward Reaches

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 1x

### Setup

- Begin in a standing upright position with two stationary objects positioned in front of your body on each side.

### Movement

- Balancing on one leg, reach forward toward one object with your opposite arm, then return to the starting position. Repeat with the other arm reaching to the opposite side.

### Tip

- Make sure to keep your back straight during the exercise and do not let your knee collapse inward.

## STEP 1



## STEP 2



## Single Leg Jumps Around Cross

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 1x

### Setup

- Begin in a standing upright position, balancing on one foot, with a crossed line on the ground beside you.

### Movement

- Jump into each section with the same foot in a clockwise pattern, then repeat, in a counter-clockwise pattern.

### Tip

- Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.