

WHY WOBBLE BOARDS CAN BE [ALMOST] USELESS FOR 'WEAK ANKLES'



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TEDucation

Your Links to Helping 'Weak' Ankles

References:

- ▶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3348693/>
- ▶ <https://www.ncbi.nlm.nih.gov/pubmed/22014912>
- ▶ https://www.researchgate.net/publication/224037107_The_relationship_between_foot_motion_and_lumbopelvic-hip_function_A_review_of_the_literature
- ▶ <https://jfootankleres.biomedcentral.com/articles/10.1186/s13047-014-0053-6>

Key Sites to Check Tender Points in Feet:

- ▶ <https://vimeo.com/212684397>

Posterior Talar Mobilisation (Thumbs) Tednique

- ▶ <https://vimeo.com/212686001>