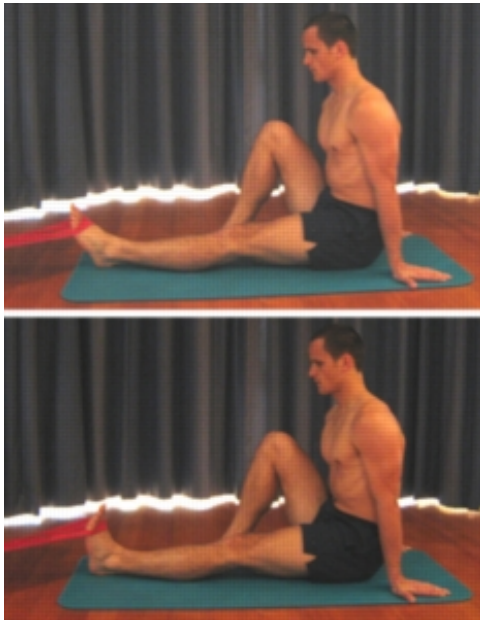


## **Ankle Strengthening – Basic Exercises**

To begin with, the following basic ankle strengthening exercises should be performed approximately 10 times, 3 times daily. As your ankle strength improves, the exercises can be progressed by gradually increasing the repetitions, number of sets and resistance provided they do not cause or increase pain.



### **Ankle Dorsiflexion vs. Resistance Band**

Begin this ankle strengthening exercise with a resistance band around your foot as demonstrated and your foot and ankle pointed down (figure 1). Slowly move your foot and ankle up against the resistance band as far as possible and comfortable without pain. Repeat 10 times.

**Figure 1** – Ankle dorsiflexion vs. resistance band (left ankle)

### **Ankle Plantarflexion vs. Resistance Band**

Begin this ankle strengthening exercise with a resistance band around your foot as demonstrated and your foot and ankle held up towards your head (figure 2). Slowly move your foot and ankle down against the resistance band as far as possible and comfortable without pain. Repeat 10 times.

**Figure 2** – Ankle Plantarflexion vs. resistance band (left ankle)



### **Ankle Eversion vs. Resistance Band**



Begin this ankle strengthening exercise with a resistance band around your foot as demonstrated and your foot and ankle turned inwards (figure 3). Slowly move your foot and ankle outwards against the resistance band as far as possible and comfortable without pain. Repeat 10 times.

**Figure 3** – Ankle eversion vs. resistance band (right ankle)

### **Ankle Inversion vs. Resistance Band**

Begin this ankle strengthening exercise with a resistance band around your foot as demonstrated and your foot and ankle turned outwards (figure 4). Slowly move your foot and ankle inwards against the resistance band as far as possible and comfortable without pain. Repeat 10 times.



**Figure 4** – Ankle inversion vs. resistance band (left ankle)

## **Ankle Strengthening – Advanced Exercises**

The following advanced ankle strengthening exercises should generally be performed 1 - 3 times per week provided they do not cause or increase pain. Ideally they should not be performed on consecutive days, to allow muscle recovery.

Generally you should perform only one of the following exercises, beginning with exercise 5 (Heel Raises). Once this is too easy, gradually progress through the following exercises (i.e. exercise 6 and then exercise 7) and so on.

### Heel Raises

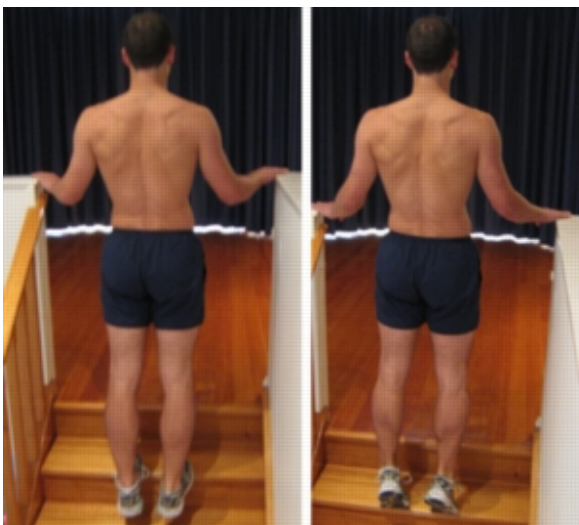
Begin this ankle strengthening exercise standing at a bench or chair for balance. Keep your feet shoulder width apart and facing forwards. Slowly move up onto your toes, raising your heels as far as possible and comfortable without pain (figure 5). Perform 3 sets of 10 repetitions.



**Figure 5** – Heel raises

### Heel Raises Over Step

Begin this ankle strengthening exercise standing with your heels dropped below the level of a step as demonstrated (figure 6). Ensure you have something to hold onto for balance. Slowly move up onto your toes, raising your heels as far as possible and comfortable without pain. Perform 3 sets of 10 repetitions.



**Figure 6** – Heel raises over step



### **Single Leg Heel Raises**

Begin this ankle strengthening exercise standing on one leg at a bench or chair for balance (figure 7). Keeping your foot facing forwards, slowly move up onto your toes, raising your heel as far as possible and comfortable without pain. Perform 3 sets of 10 repetitions.

**Figure 7** – Single leg heel raises

### **Single Leg Heel Raises Over Step**

Begin this ankle strengthening exercise standing on one leg with your heels dropped below the level of a step (figure 8). Ensure you have something to hold onto for balance. Slowly move up onto your toes, raising your heel as far as possible and comfortable without pain. Perform 3 sets of 10 repetitions.

**Figure 8** – Single leg heel raises over step



### **Single Leg Heel Raises Over Step with Weight**

Begin this ankle strengthening exercise standing on one leg and holding a light weight with your heel dropped below the level of a step (figure 9). Ensure you have something to hold onto with your other hand for balance. Slowly move up onto your toes, raising your heel as far as possible and comfortable without pain. Perform 3 sets of 10 repetitions. Once this is too easy, the exercise can be progressed by increasing the weight gradually provided it does not cause or increase pain.

**Figure 9** – Single leg heel raises over step with weight



**Scissor hops:** Begin in a lunge position. Jump and switch feet in mid-air landing with the opposite foot forward.

**Standing squat jumps:** Begin in a quarter squat position. Jump from that position and



land softly.



**Bounding:** On the toes, take large bounding steps in at about 50 percent of running maximum speed. One repetition should be about 50 feet.

Use these tips to keep your ankles strong and prevent injury for your best athletic performance yet.

**Standing on one leg:** Hold for 30 seconds, working up to one minute per leg.

**Balance and catch:** Standing on one leg, catch and throw a ball with a partner. Make certain to throw the ball right, left, high, low. Perform three sets of 30.

**One leg mini squats:** On one leg do a half squat with the opposite leg out front for 10 reps, out to the side for 10 reps and behind for 10 reps. Repeat three times.