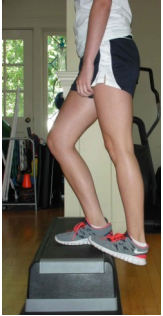


# Ankle Mobility



## 5. Gastrocnemius Stretch

- Stand on a step with the heel of the leg to be stretch resting off the back of the step.
- Drop the heel down by slightly bending the other knee until you feel a stretch in your calf .



## 6. Soleus Stretch

- Stand on a step with the heel of the leg to be stretch resting off the back of the step. With a slight knee bend.
- Drop the heel down by slightly bending the other knee until you feel a stretch in your calf .
- This will hit the deeper c=muscles of the calf and is usually felt lower down then the gastroc stretch



## 8. Foam Rolling Calf

- Place a foam roller on the floor and sit on the floor supporting yourself with your hands. Place the calf on the foam roller and the other leg on top to apply more pressure if needed.
- Roll the entire back of your calf from the Achilles to the top of the belly of the calf in an up and down motion.
- Maintain abs tight and proper low back posture during the exercise.



## 7. Assisted dorsiflexion lunge

- Loop a resistance band around the ankle joint line with the tension pulling the ankle back
- Drop into a lunge position , maintaining the tension of the resistance band
- Try to prevent the ankle rolling in , and if you struggle to do this you can place a plate under the arch of the foot to block the unwanted movement