Exercise	Duration
Stretching	
 Downward dog calf stretch; bent leg & straight leg Seated Plantar Flexion 	2 x 45 sec2 x 45 sec
ANKLE PLANTAR FLEXION STRETCH	
Joint mobilizations	
• Great toe extension	• 2 x 20 (SLOW AND
	CONTROLLED)
Strengthening	
Heel Raises	• 3x20 (SLOW AND CONTROLLED)
Ankle Windshield Wipers	• 3x20 (SLOW AND CONTROLLED)
CARs (clockwise& counterclockwise)	• CARs: 2 x 20 each direction (SLOW
	AND CONTROLLED)
1	• Toe Yoga: 3x10 (SLOW AND
	CONTROLLED)

Ankle Prevention Program

- Toe yoga (toe seperation, big toe extension, rest of the toes will extend w/o the big toe
- Woodpeckers (leaning on a wall)





• Woodpeckers 3x 10 (SLOW AND CONTROLLED)