

Ankle Prevention Program

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

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- Toe yoga (toe separation, 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**)