

Is Your Lack Of Ankle Mobility

Causing Your Knee Pain? 😓

👉 One quick thing before you jump in: if you want the access to ALL of my programs, education, and 1:1 COACHING FROM ME (not just tips and tricks), my Resilient Body Club Membership is the best place to start and you can find it by clicking here!

If squatting hurts your knees or you feel like you're constantly shifting forward onto your toes, your ankles may actually be the problem — not your knees.

The Simple Test: Wall Ankle Dorsiflexion Test

👉 <https://youtube.com/shorts/wRKZcoizZEI?feature=share>

🚨 Why It Matters for Your Knees:

When your ankle can't bend (dorsiflex) properly, your body finds *other* ways to get low in a squat — and those compensations often overload your knees.

Here's what tends to happen when dorsiflexion is limited:

- Your heels lift off the ground as you descend.
- Your weight shifts forward toward your toes.
- This increases pressure on the front of the knee — especially the patellar tendon and joint surface.
- Over time, this compensation can cause irritation, inflammation, and pain in the knee joint.

➡ In short, your ankles don't move well, so your knees take the hit.

🚨 **SUPER IMPORTANT:**

Your knees aren't just randomly hurting — your body is sending a signal. And if you're ignoring your ankle mobility, you're missing one of the biggest pieces of the puzzle. 👉 [My Chronic Knee Pain Fix Course](#) isn't a "maybe"—it's the exact solution for building the mobility, strength, and control you *need* to finally move pain-free.

This has helped thousands of people get rid of pain they were told they'd have to live with. If you're serious about solving your knee pain (and not just masking it), this is your way out.

I wish I had this when I first started.