

Is Your Lack Of Ankle Mobility

Causing Your Knee Pain? 😓

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. The Chronic Knee Pain Fix Course isn't a "maybe"—it's the exact step-by-step solution for building the mobility, strength, and control you *need* to finally move pain-free.

This isn't just a list of drills — it's a complete, proven system that's helped hundreds 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.

 [Click here to get to the root cause and fix your pain for good](#)