

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

HOW TO IMPROVE ANKLE DORSIFLEXION ...

- **Banded ankle DF mobilisation**
- **Equipment: monster band (1" thick ideally)**

How:

1. Use a foam roller to release through the calf and front of the shin.
2. Tie monster band on to something stable and step the ankle to be mobilised into the band
3. Take up the slack in the band by moving away from the attachment point
4. Place the ankle to be mobilised up onto a small box/step creating a vertical vector (keep the attachment of the band just above ground level).
5. Place the band across the front of the ankle joint to be mobilised (below the bony bits on the inside/outside of the ankle, not on the shin - this is too high).
6. Try to keep as much weight on the opposite leg as possible
7. Slowly move the knee forwards/backwards over the ankle keeping the heel in contact with the floor.

Reps/Sets: 3 x 12-15

Video:

