

Ankle/Knee 20 Minute Protocol

1. Heel Cord Stretch:

- Begin in “Downward Dog” position.
- Make sure your heels are all the way on the ground. If you can’t get them on the ground bring hands closer to feet.

YES:



NO:



2. Ankle Joint Stretch with your knee bent:

- Start in a half-kneeling position with the knee that is “up” in front.
- Keeping your heel down move your knee as close as you can over your foot making sure your foot is in a neutral position.
- Remember that this feels less like a “stretch.” You are increasing range in your ankle joint more than your muscle.

YES:



NO:



3. “Stick-It” Stretch:

- Place the ball of your foot on a PVC.
- Squat down as far as you can making sure your knees are in a good alignment and not pinching inward.

YES:



NO:



Weight Bearing Strength:

4. Graduated Heel Raises:

- Stand with your toes on a stair or beam. Your heel should be down as far as is comfortable.
- Raise your foot up until it is even with the beam. Hold 5 second. Now raise a few more inches and hold 5 seconds.
- Raise as high up as you can and hold 5 seconds.
- Now do the same thing in three stages as you lower back to the starting position.



- In standing lift your toes and the front of your foot upward at least 30 times.



- BAPS Board:** Use Yellow BAPS board in the weight room. Slightly bend your knee. Without using your hips or trunk, circle the disc with your ankle 10 times in each direction, making sure all edges of the board hit connect with the ground as you rotate.



- Stand on a porcupine ball and throw a ball against the wall while maintaining your balance.



Theraband Exercises:

8. Tie a theraband around your two feet near the ball of your foot. Keeping your knees and heels together push the front of your feet out to the side.



9. Place a theraband around the top of your foot and tie the other end to a stable surface. Pull foot upward toward your body.



10. Place theraband under the ball of your foot and hold the other end in your hands. Push the theraband downward, pointing your toe.



11. Place the theraband on the inside of your foot and fix the opposite end to a stable surface. Move your foot inward toward your opposite leg.



Jumping Exercises:

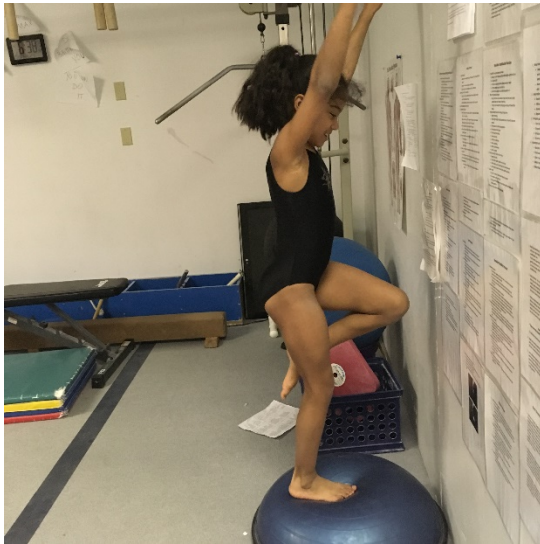
12. Two-legged jump

- Stand in front of a mirror and watch the angle of your knees and ankles.
- Squat as low as you can while maintaining a straight line between your knees and ankles.
- Jump onto Bosu forward, backward, left, and right.
- Watch knees and ankles as you land and try to control knee and ankle position in a straight line.



13. One-legged jump.

- Do the same as above but with one leg.



14. "Short Arc" Quad Set

- Place your knee over a roll or 4 inch ball.
- Place a light ankle weight on your ankle.
- Lift your foot toward the ceiling and then slowly lower back to ground.



15. Lunges:

- Face mirror (or a partner) and pay attention to the angle of your knee.
- Slowly lower into a lunge while being sure your knee follows a straight line down and up. If your knee starts to turn inward or outward stop and don't go further.
- The importance of this exercise is knee control.
- Over time increase the amount of lunge you can perform with control.
- Progress to holding weights in your hands

