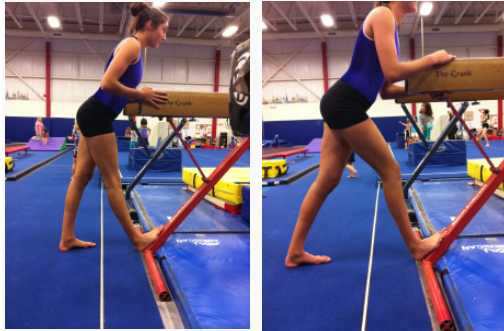


Riverfalls Gymnastics Club- Ankle

Myofascial Release Using Foam Rollers/PVC Pipes/Lacrosse Balls/Tennis Balls



Gastrocnemius and Soleus Stretches Using Beam Base

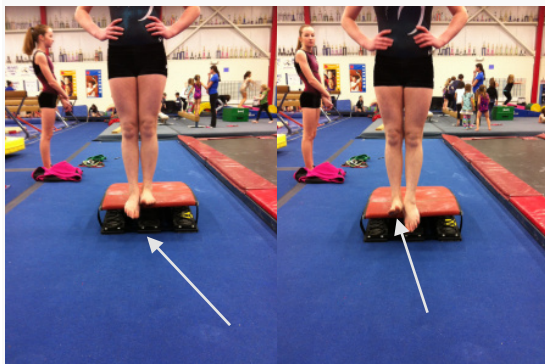


Strengthening Eversion and Dorsiflexion Muscles



Toe Ups- Dorsi/Evert

Stand with toes hanging off the edge of a springboard (stair, block, etc). Pull toes up towards head on one foot and hold, then switch to the other. Do 2 sets 15

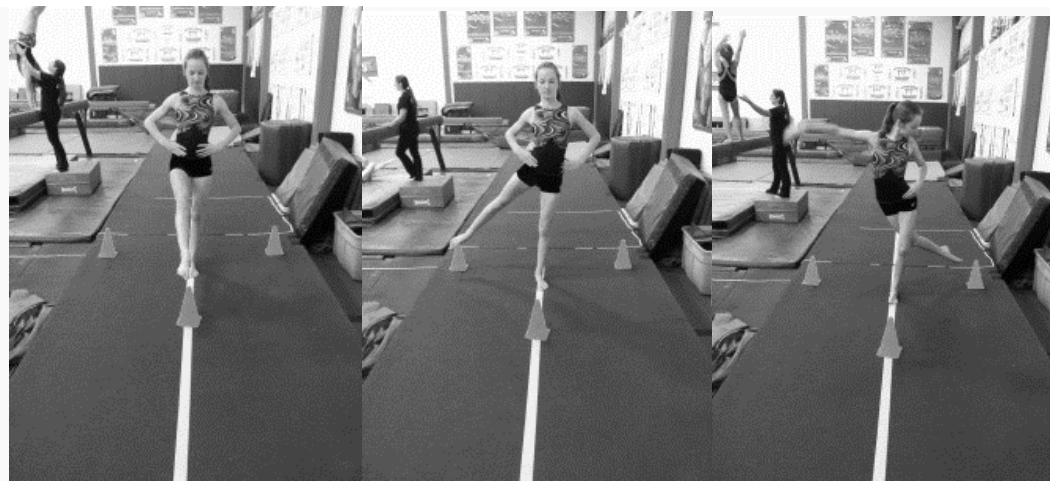


Proprioceptive Exercises – single leg stance, eyes close, for more difficulty stand next to partner

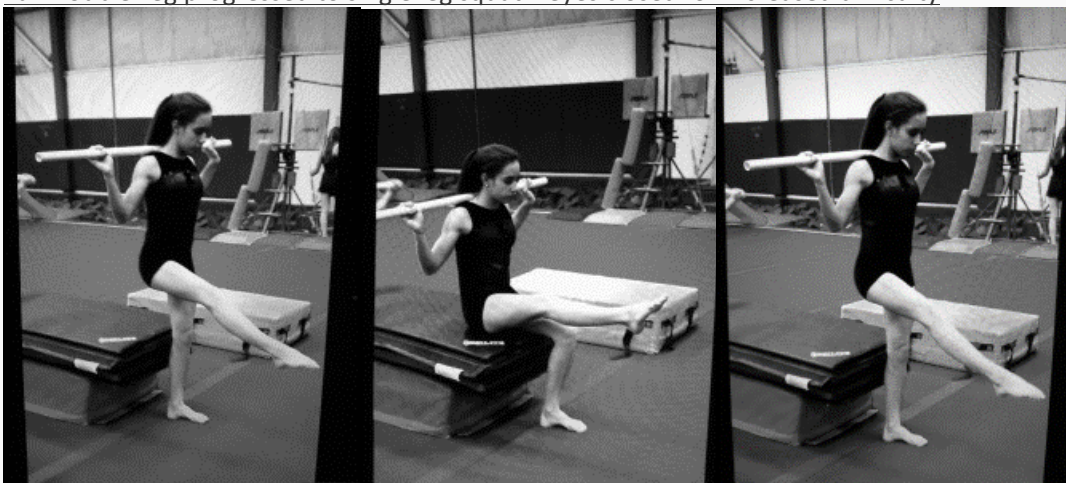


Star Exercise

- Set up “triangle” of cones (slightly outside leg reach to make it tough)- can add 4th cone behind Torso and core tight, only moving the hip/leg- reach for cones.
**Watch to make sure athlete only moving leg- not swaying at trunk/hips to obtain movement
- Without moving the base leg and while keeping the trunk still, move the leg that is off the ground to tap each cone in a circular pattern.



Full Double Leg progressed to single leg squat—eyes closed for increased difficulty



Forward and Lateral Hopping with 1/4 Turn Using Panel Mat (Eyes Open)

Stand on one leg in front or on the side.

Maintain strong core and good knee ankle position- jump, doing a 1/4 turn up to the mat, holding the landing position in a single leg squat for a few seconds.

Jump back down turning 1/4 back, then go other direction.

2-3 sets of 8 -10 on each leg

