

Ankle Injury Prevention Program

4 Components to injury prevention

- Ankle Strengthening
- Proprioception (Balance)
- Core Stability
- Agility

ANKLE STRENGTHENING

2 sets of 10 reps

- 4-way ankle bands
- Heel raises
 - Internal rotation, neutral, external rotation

PROPRIOCEPTION

3 sets of 30 seconds

- Single leg balance - flat, stable ground
- Single leg balance - soft, unstable foam pad
- Single leg balance - more unstable BOSU ball
- Single leg balance - touches, movement

CORE

1 set of 10-20 reps each side, 20-40 reps total

4-6 exercises

- Sit-ups
- Plank
- Dead bugs
- Bird dogs
- Plank twists/Hip dips
- Flutter kicks
- Suitcases/Lemon squeezers
- Windshield wipers
- Penguins/Heel touches
- Russian twists
- Reverse crunches
- Bicycle crunches
- Sit-up twists
- V-ups
- Hollow holds
- Spidermans



AGILITY

1 set of 10 reps, down and back on ladder

- Double feet mini hurdle
 - Forward/backward
 - Side to side
- Single leg mini hurdle
 - Forward/backward
 - Side to side
- Agility ladder
 - Zig zag hops
 - Hopscotch
 - Icky shuffle
 - Scissor step

ADDITIONAL EXERCISES

1 set of 10-20 reps, 20-40 reps total

- Mountain climbers
- Karioca
- Side shuffles
- Monster walks
 - Side to side
 - Forward/backward
- Lunges
- Foam Rolling & stretching

