



For more info call
1.800.800.2896

INJURY PREVENTION GUIDELINES

Here at Active Ankle we highly recommend that in coordination with wearing our braces to keep your ankles healthy and injury-free, you also include a regimen of strength and conditioning exercises into your workout routine. All of these exercises are designed for you to be able to do easily at home.

Stretching Exercises

3 repetitions of 30 seconds each

- Lean against the wall and bend forward with one knee straight. This will stretch your calf muscle (gastrocnemius).
- Lean against the wall and bend with both knees. This will stretch your other calf muscle (soleus).

Strengthening Exercises

3 sets of 10 either daily or every other day

An exercise band will be used to create resistance in each of the following exercises:

- Dorsiflexion – pull your foot toward you while pulling the exercise band away from your body.
- Plantar Flexion – push your foot away from you while pulling the exercise band toward your body.
- Eversion – With legs outstretched, loop the resistance band around the stationary foot and pull towards the outside.
- Inversion – Cross your legs with your stationary foot on top. Place the resistance band behind your stationary foot and pull it towards the inside.

Balance Training

- Stand on a flat surface. Hold one leg up while bending the other leg.
- To progress, stand on a pillow and perform the same exercise.
- Then perform the exercise while doing a short squat.

Agility (Dot Drill)

Place five spots of tape on the floor forming an X. Hop from the center piece of tape out and then hop back to the center. Hop from each outer piece to the center all while facing the same direction.