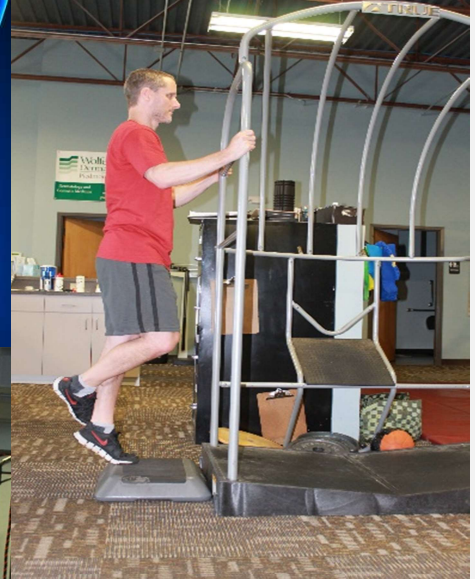


Healthy Joint Series

Precision Fitness

Healthy Ankle Program

**Function,
Stability,
Mobility,
Strength!**



Precision Fitness, Personal Fitness, Inc.

www.pfitcentral.com

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About Precision Fitness

Founded in 2001, Precision Fitness has been a leader in designing comprehensive strength and conditioning programs.

Many of our clients come to us because either pain, injury or declining health has left them unable to maintain an active vibrant lifestyle. These people, many of whom come in feeling helpless after exhausting all other options, find renewed hope after working with our highly qualified team of fitness, wellness and sports medicine experts.

We have countless success stories of people who have overcome their issue to take charge of their lives again. Because fitness is strength, and strength is power, we are passionate about helping people who feel defeated to find new strength for living at Precision Fitness.

The information contained within this manual is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

We hope you find the following information useful.

Sincerely,

The Fitness Pros at Precision Fitness

www.pfitcentral.com



Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Precision Fitness advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use our Ankle Protocol, please follow your Doctor's orders.



The Precision Fitness Healthy Ankle Program is designed to improve the mobility, stability, and strength of the ankle joint.

If you have ankle issues, please make sure that you have a medical professional diagnose the issue before beginning this program.

The ankle joint can cause issues with the knees and hips when mobility, stability and strength are not optimal. Tight and immobile ankles will cause faulty movement patterns when you squat, walk, or run. Keeping your ankles mobile, stable, and strong will enhance your body's ability to properly use your hips for squats, deadlifts, running, walking, etc.

While this manual shows exercises for mobility and strength, we also have a video posted on our YouTube channel. To view our Healthy Ankle video, please visit our YouTube page at the following link:

Healthy Ankle Protocol: <https://www.youtube.com/watch?v=FGkMpntd5c0>



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SMR Foot

Preparation

- Place golf ball or lacrosse ball underneath bottom of foot.

Movement

- Slowly roll the ball underneath your foot until a tender spot is felt.
- Hold the spot under the tenderness is reduced by at least 50-75%
- Move to the next spot.
- Repeat on other foot.

Tips

- Apply as much pressure as tolerated.
- Roll side to side as well as front to back trying to find all tender spots in the foot.



SMR Calves

Preparation

- Place lacrosse ball on top of a hard elevated surface (step, hardcover book, etc)
- St on the floor and place calf on lacrosse ball.
- Relax ankle.

Movement

- Slowly roll the ball underneath your calf until a tender spot is felt.
- Hold the spot under the tenderness is reduced by at least 50-75%
- Move to the next spot.
- Repeat on other calf

Tips

- Place as much pressure on the calf as tolerated.
- Roll side to side as well as back and forth.



Calf ROM

Preparation

- Stand with good posture.
- Place left foot onto of step with right heel hanging off the end of the step/stair.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Squeeze your glutes and tuck your hips underneath to feel a stretch in the right calf.
- Hold for a slow count of 2-3.
- Relax and re-squeeze glute.
- Switch to other foot.



Band Distracted Calf Mobility

Preparation

- Wrap band around a low stationery object.
- Place band around the ankle of the left foot.
- Lower down in to a lunge position with right knee on the floor and left knee over left ankle

Movement

- Brace your abdominals.
- Push your left knee out over your toes as far you can while keeping your heel on the floor.
- Return to start position and then move knee over little toe.
- Return to start position and then move knee over big toe.
- Switch legs

Tips

- Perform 5 reps in each position.



Calf Mobility – 10/12/2

Preparation

- Kneeling in front of a wall with right knee over ankle and left knee on the floor.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Slowly push right knee toward wall while aiming for the big toe (10 o'clock), return to start position and then push straight forward to aim for 2nd and 3rd toe (12 o'clock), return to start position and push knee toward little toe (2 o'clock).
- Keep heel in contact with the floor at all times.

Tips

- If it is easy to keep heel on the ground, move the foot away from the wall an inch and try again.
- **Keep heel in contact with the ground at all times.**



Wobble Board Mobility

Preparation

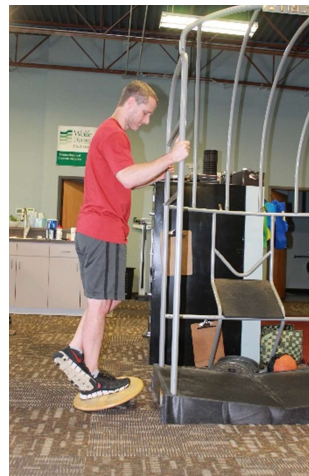
- Standing on wobble board with right leg.
- Keep right leg straight at the knee, but not locked out.
- Left leg should be balancing in the air, or tucked behind the right leg.
- Use wall or other stationery object for support.

Movement

- Slowly rotate right foot in a circle attempting to get each side of the wobbleboard to touch the floor.
- Reverse direction.
- Switch feet

Tips

- Make sure the movement is coming from the ankle, not the knees or hips.



Dorsiflexion

Preparation

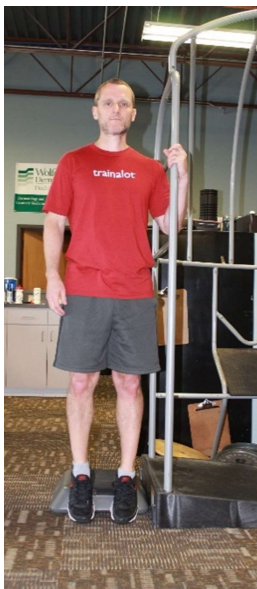
- Stand off edge of step or firm elevated surface with the heels.
- Start with toes lowered to floor

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Pull your toes up toward your knees as high as possible.
- Slowly lower to start position and repeat.
- 15-20 reps.

Tips

- Keep knees straight, but not locked out.
- Do not lean forward from the hips.



Eccentric Calf Drop

Preparation

- Standing straight off edge of step with heels on the floor.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Raise your heels as high as possible by contracting your calves.
- Place one leg behind the other and slowly lower to start position.
- Repeat.
- Switch legs.

Tips

Slowly lower your heel to the floor over 3-5 seconds.



Arch Builders

Preparation

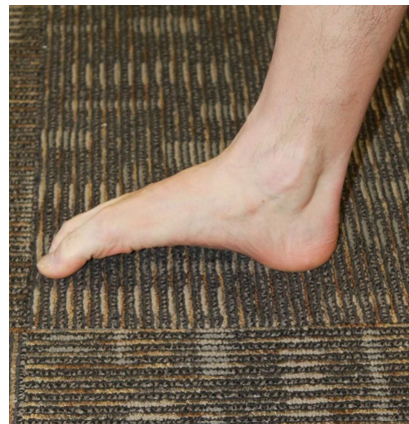
- Stand with foot flat on floor.

•Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Contact the muscles on the bottom of the foot, push your toes into the floor, and raise your arch.
- Lower down and repeat.

Tips

- Do not curl your toes underneath your foot.



Leg Swings

Preparation

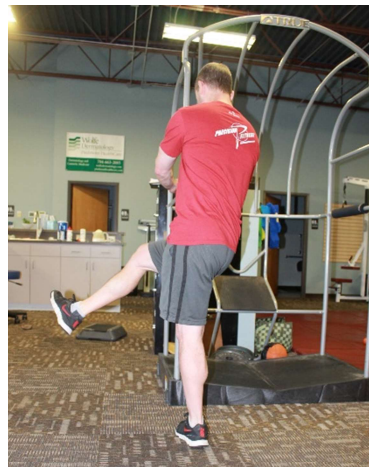
- Standing with good posture facing wall.
- Place hands on wall for balance.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- While standing leg left, swing right leg out to side.
- Swing right leg across body toward left side.
- Repeat with other leg.

Tips

- Maintain (cervical) neck retraction.
- Maintain abdominal brace
- Stay in control of swing at all times.



Exercise Progressions for Healthy Ankles:

The SMR should be done until the tenderness is significantly reduced or gone before moving on to the rest of the exercises in this protocol.

The rest of the exercises are to be done for 2 sets per exercise, 12-15 reps per leg.

The eccentric calf drop should be done for 2 sets of 6-8 reps per leg.

These exercises can be done in a circuit fashion or for 2 sets per exercise.

1. **a. SMR Bottom of Foot**
b. SMR Calves
2. **Calf ROM**
3. **Banded Ankle Distraction**
4. **Ankle Mobility (10/12/2)**
5. **Wobble Board Ankle Mobility**
6. **Ankle Dorsiflexion**
7. **Eccentric Calf Drop**
8. **Arch Builders**
9. **Leg Swings**

•If you have healthy ankles, you may use this as a warm-up progression. One set of each exercise for 6-8 reps.

To see our YouTube video of the Healthy Ankle Program,. click here:

<https://www.youtube.com/watch?v=FGkMpntd5c0>

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Contact us for questions or concerns:

Address: 18515 Statesville Road C-#3,
Cornelius, NC 28031

Phone: 704-895-2857

Email: admin@pfitcentral.com

Website: www.pfitcentral.com

Stay updated by joining our **Facebook Page:**
(<http://www.facebook.com/pfitness>)

Check out our YouTube Channel
(<https://www.youtube.com/user/NCPrecisionfitness>) for more exercise and fitness related videos. While you are there, subscribe to our **YouTube Channel** so you don't miss any new content.

We also offer **Online Training**. For more information, visit our website:

<https://www.pfitcentral.com/online-training/>