

# Mobility for Ankle

Welcome to the Eleiko Mobility for Ankle programming. Mobility is essential for optimal performance and injury prevention. Eleiko uses multiple applications to address tissues and motions to produce optimal mobility. These programs will use foam rolling, muscle activation techniques®, fascial mobilisers™, and dynamic mobility drills. These programs provide various suggestions for the ankle mobility, but they are only suggestions. A full assessment process is as seen in the Eleiko Readiness and Recovery Training course is the only way to truly determine the right exercises to use. Done correctly, these programs should take less than 12 minutes.

Mobility for Ankle 1	
Exercise	Tips
<b>Foam Rolling</b>	
<a href="#">Bottom of Foot to Heel</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec, then shift side-side for 5 sec</li> </ul>
<a href="#">Medial and Lateral Heel</a>	<ul style="list-style-type: none"> <li>Roll for 10-15 sec, then shift area for 5 sec</li> </ul>
<a href="#">Lower Calf</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<b>Muscle Activation</b>	
<a href="#">Ankle Dorsiflexion</a>	<ul style="list-style-type: none"> <li>Move the right ankle into its end range position.</li> <li>Place left foot on top of right foot with only enough pressure to perform the isometric contraction of dorsiflexion at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.</li> <li>Perform the opposite for Left Ankle dorsiflexion.</li> </ul>
<a href="#">Prone Knee Flexion</a>	<ul style="list-style-type: none"> <li>Move the right knee into its end range position.</li> <li>Place right finger-tips on heel with only enough pressure to perform the isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.</li> <li>Perform the opposite for Left Knee flexion.</li> </ul>
<b>Mobilisers</b>	
<a href="#">Standing Double Knee Drive w/ Rotation</a>	<ul style="list-style-type: none"> <li>From a standing position, turn both feet inward (pigeon toed).</li> <li>Slowly, as if in water and trying to not make waves, keeping trunk fixed move knees forward to the point where you just start to feel some tension (NOT as far as you think you can go!).</li> <li>Then, without pausing or changing speed, rotate/turn hips side-side and return to standing position. Repeat.</li> <li>Perform 5-8 reps, or about 30 seconds.</li> </ul>
<b>Dynamic</b>	
<a href="#">Adductor Squat w/ Reach</a>	<ul style="list-style-type: none"> <li>From standing position, place a foam roller or small object between knees</li> <li>Squat down reaching hands in front of you</li> <li>Return to standing position and repeat for 5-8 reps</li> </ul>

Mobility for Ankle 2	
Exercise	Tips
<b>Foam Rolling</b>	
<a href="#">Top of Foot/Ankle</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec, then shift side-side for 5 sec</li> </ul>
<a href="#">Shin</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Lower Lateral Thigh</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<b>Muscle Activation</b>	
<a href="#">Ankle Dorsiflexion</a>	<ul style="list-style-type: none"> <li>Move the right ankle into its end range position.</li> <li>Place left foot on top of right foot with only enough pressure to perform the isometric contraction of dorsiflexion at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.</li> <li>Perform the opposite for Left Ankle dorsiflexion.</li> </ul>
<a href="#">Ankle Plantarflexion</a>	<ul style="list-style-type: none"> <li>Move the right ankle into its end range position.</li> <li>Place left foot on bottom of right foot with only enough pressure to perform the isometric contraction of dorsiflexion at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.</li> <li>Perform the opposite for Left Ankle dorsiflexion.</li> </ul>
<b>Mobilisers</b>	
<a href="#">Staggered Front Knee Drive w/ Front-Back Reach</a>	<ul style="list-style-type: none"> <li>From a staggered-stance position, turn both feet inward (pigeon toed).</li> <li>Slowly, as if in water and trying to not make waves, move front knee forward (keep back heel on the ground) while reaching opposite hand up to the point where you just start to feel some tension (NOT as far as you think you can go!).</li> <li>Then, without pausing or changing speed, move hips and hand backward, straightening front knee and bending back knee</li> <li>Perform 5-8 reps, or about 30 seconds.</li> </ul>
<b>Dynamic</b>	
<a href="#">Drop Lunge w/ Overhead Reach</a>	<ul style="list-style-type: none"> <li>From standing position, lunge backward with a small step raising same-side hand straight overhead</li> <li>Return to starting position and repeat for 5-8 reps on each side</li> </ul>

Mobility for Ankle 3	
Exercise	Tips
<b>Foam Rolling</b>	
<a href="#">Upper Lateral Calf</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<a href="#">Lateral Knee</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec, then shift side-side for 5 sec</li> </ul>
<a href="#">Lower Lateral Hamstring</a>	<ul style="list-style-type: none"> <li>Roll for 15-30 sec</li> <li>If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec</li> <li>If <b>not</b> tender above a "5", then shift area for 10 sec</li> </ul>
<b>Muscle Activation</b>	
<a href="#">Ankle Plantarflexion</a>	<ul style="list-style-type: none"> <li>Move the right ankle into its end range position.</li> <li>Place left foot on bottom of right foot with only enough pressure to perform the isometric contraction of dorsiflexion at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.</li> <li>Perform the opposite for Left Ankle dorsiflexion.</li> </ul>
<a href="#">Supine Knee Flexion</a>	<ul style="list-style-type: none"> <li>Move the hip/knee into its end range position.</li> <li>Place left finger-tips on heel with only enough pressure to perform the isometric contraction of flexion and abduction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.</li> </ul>
<b>Mobilisers</b>	
<a href="#">Standing Double Knee Drive w/ Lateral Shift</a>	<ul style="list-style-type: none"> <li>From a standing position, turn both feet inward (pigeon toed).</li> <li>Slowly, as if in water and trying to not make waves, keeping trunk fixed move knees forward to the point where you just start to feel some tension (NOT as far as you think you can go!).</li> <li>Then, without pausing or changing speed, shift hips side-side and return to standing position. Repeat.</li> <li>Perform 5-8 reps, or about 30 seconds.</li> </ul>
<b>Dynamic</b>	
<a href="#">Lateral Squat w/ Anterior Reach</a>	<ul style="list-style-type: none"> <li>From standing position, squat down to one side reaching hands in front of you</li> <li>Return to starting position and repeat on other side</li> <li>Perform 5-8 reps each way</li> </ul>