

TIAA Ankle Strengthening Routine

Ankle Specific

- 4-way Banded Ankle Exercises
▶ Ankle 4-Way with Resistive Band - Ask Doctor Jo
https://youtube.com/shorts/fw_U2B7sfHA?si=SSPFxXz1v1oI8tS1
- Banded Lateral walks band around ankles
▶ How To Lateral Band Walk (Ankles)
- Banded Lateral walks band around midfoot
[Banded Side Steps \(Around the feet\) - YouTube](#)
- Heel Elevated Banded Lateral walks
<https://www.youtube.com/watch?v=zS8lCo5tPbk&themeRefresh=1>
- Eccentric Calf Raises (start with both legs, progress to single leg)
▶ Eccentric Calf Raise
https://youtube.com/shorts/7rl-nAJS5_Y?si=tAXzjn1kOVBjhmN
- Arch doming
▶ Barefoot Running Exercise: Foot Doming

Core, Glutes, and Ankles

Your core and glutes play a crucial role in stabilizing your ankles

- Star Drill (Progress to doing this on foam pad or Bosu ball)
▶ Star-Drill Exercise for Ankle Sprains, Plantar Fasciitis, and ACL Recovery | DNA Physical T...
- Single Leg RDL
▶ Single Leg RDL
- Single Leg Pallof Press
▶ Single leg Pallof Press
- Lateral Heel Taps
▶ Lateral Heel Tap
- Skater Hops
▶ Skater Hops
- Ankle Dorsiflexion Mobility
<https://youtube.com/shorts/6ayVRwipfHw?si=N4UJhPdToNxjkGni>
- Calf Stretch
<https://youtube.com/shorts/dEJgPRgsnnY?si=iodjMjtTmondNMnk>