

# Dr. G's Ankle Program

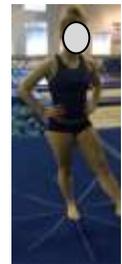
An ankle rehab and preventative program should concentrate on **proprioception** (balance and muscle memory) so that in the event of a “bad” landing, the ankle has “practiced” how to respond without rolling.

The program should be **functional** (in the same movements that the athlete can expect to be doing during their sport)- it's better to prepare the athlete with exercises moving rather than exercises laying down or sitting (unless the athlete does their sport sitting)

The program should be in **multiple planes** (going different directions- not just front and back) because in the event of an ankle injury- it typically doesn't occur with an expected landing. Practicing the uncommon situation will “prepare” the ankle to handle the unexpected without resulting in an injury.

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**1.Stars** (3x each foot): Start with one foot balancing in the center of a “star”. The other foot should touch as far as possible on every line with the challenge not to jump/wobble/fall with the balancing foot. The first time should be slow, the second time medium speed, and the third time quickly without losing balance. Repeat with the other foot in the center of the star. Try looking straight ahead and not down at your feet.



**2.Ball throws** Starting with one foot balancing in the center of the “star” have a team mate or coach throw a foam block or light ball to the athlete. DO NOT throw directly to the center of the athlete's chest (it is too predictable and too easy). The purpose is to challenge the balance and strength of the ankle. No wobbles/falls/jumps.

10X each foot and then repeated on a different surface such as a resi pit or an uneven mat.

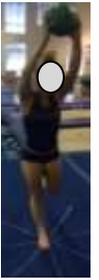


**3. Standing balance** Stand with one foot in center of star. With arms moving above head back and forth and no wobbles/falls/jumps (10x each foot as the balance foot)

Standing balance with arms moving side to side and head moving opposite direction- if arms move to the left, head rotates to the right with no wobbles/falls/jumps (10x each foot as the balance foot)



Standing balance with arms moving forward and backward and body moving with arms with balance foot not wobbling/jumping/falling (10X each foot as balance foot)



Try doing the same exercises on a different surface such as a resi pit or an uneven mat.

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## Moving

**4.Step ups** swing leg backwards- Stepping up to a folded panel mat – plant the front foot on top of the mat and swing the back leg as high as you can without losing balance on the front foot. Do this quickly (10x each foot)

**5.Step downs** Stand at the end of a panel mat with your toes at the very end (2 panels should be removed from the height of the mat making the mat about 8 inches high). Take one foot and LIGHTLY (as if touching a potato chip laying on the ground and not putting enough pressure to crush it) -touch the ground with only the heel of the foot to the ground for one second and then go back to a standing position with both feet on top of the panel mat. Repeat with the opposite foot. Do this slowly (5x each foot)



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## Plyometric

**6.Jumps side to side down a line** moving forward and arms moving in opposite direction above head (1x down vault runway or floor line for each foot)



Jumps front to back down a line moving sideways with arms moving back and forth (1x down vault runway or floor line for each foot)



**7. ¼ turn jumps fast** – hit each quarter turn but don't stop  
(1x down vault runway or floor line for each foot going clockwise then again counterclockwise)



**¼ turn jumps and stick**- hit each quarter turn and stop in landing position at each quarter turn  
(1x down vault runway or floor line for each foot going clockwise then again counterclockwise)

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**8. Two footed jump off block** and stick with both feet  
Knees should be forward facing and slightly bent  
Core should be engaged(5x)

Two footed jump ½ turn off block and stick with both feet (5x)

Two footed jump full turn off block and stick with both feet (5x)



DON'T let athlete have knees "facing each other" (valgus) or Core "loose"  
Or standing up straight



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**9. Achilles Hop**- Standing on one foot – hop backwards two times and on the third hop stick it for 2 seconds. The 2 second hold should be knee slightly bent, ankle slightly flexed forward and core engaged. (10X each foot)

