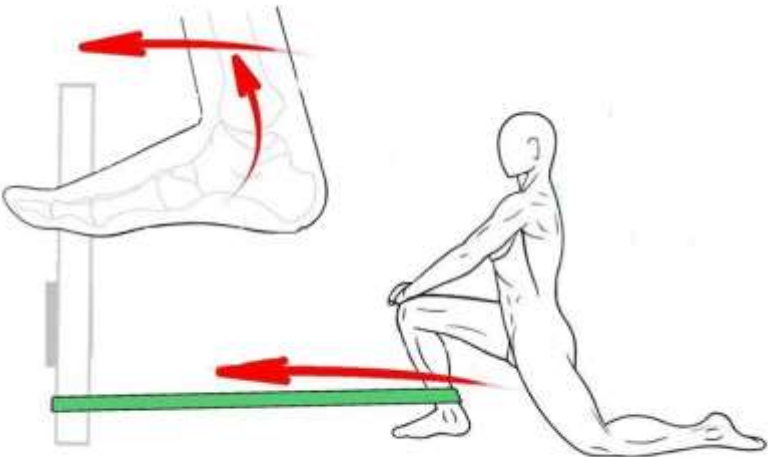
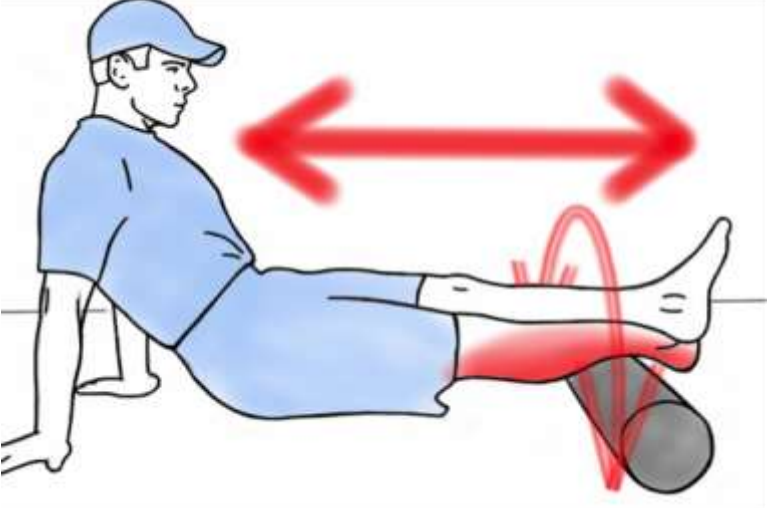
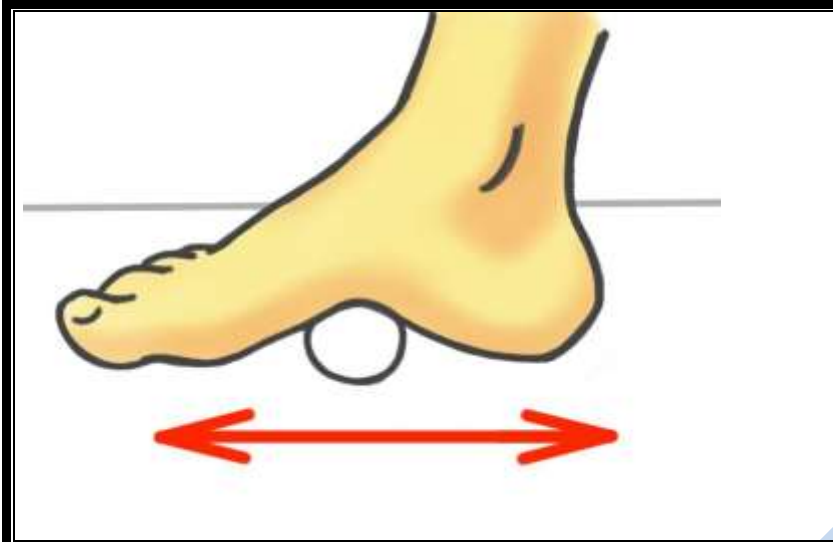


Ankle Prehab Level 1

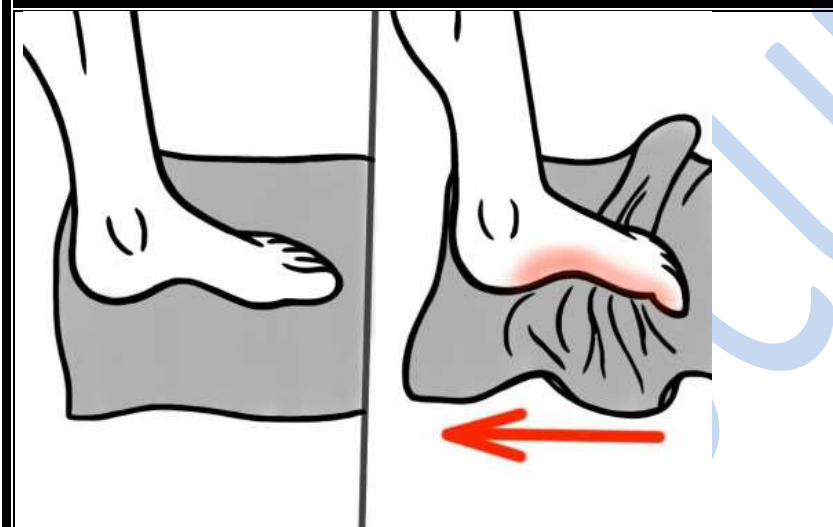
Here is a simple exercise program to prevent any sort of ankle injuries for beginners. We advise you to consult your sports physio/ trainer/ health care provider before you try these for the first time. Contact us at physiocure17@gmail.com if you have any doubts/queries/you want to learn them for yourself.

MOBILITY & STABILITY EXERCISES FOR BEGINNER'S	INSTRUCTIONS
 The diagram illustrates the Lunge Ankle Pull exercise. On the left, a close-up of a foot shows a red arrow pointing forward from the heel and another red arrow pointing up from the arch of the foot. On the right, a person is shown in a lunge position with their right knee down and left foot flat on the floor. A green bar is placed under the right foot, and a red arrow points forward from it, indicating the direction of the pull.	<p>LUNGE ANKLE PULL:-</p> <ul style="list-style-type: none">• Hook the band to a firm poll.• Hook the other end of the band on your lowermost part of the shin, just above the ankle.• Kneel down and move back till you feel the resistance of the band.• Now move the knee back and forth while you hold the pull for 30 seconds.• Reps: 2 each leg.
 The diagram shows a person sitting on the floor with their back to the heel, which is placed on a foam roller. One leg is placed on top of the other. A large red double-headed arrow above the person indicates the rolling motion. A red shaded area on the calf highlights the muscle being targeted, and a red circular arrow indicates the direction of the foam roller's movement.	<p>FOAM ROLLING CALF:-</p> <ul style="list-style-type: none">• Sit on the floor with back of the heel placed on the foam roller.• Place one leg on top of the other for pressure and keep arms behind to support.• Now lift your buttocks slightly off the floor and roll up towards the knee.• Reps:- 10



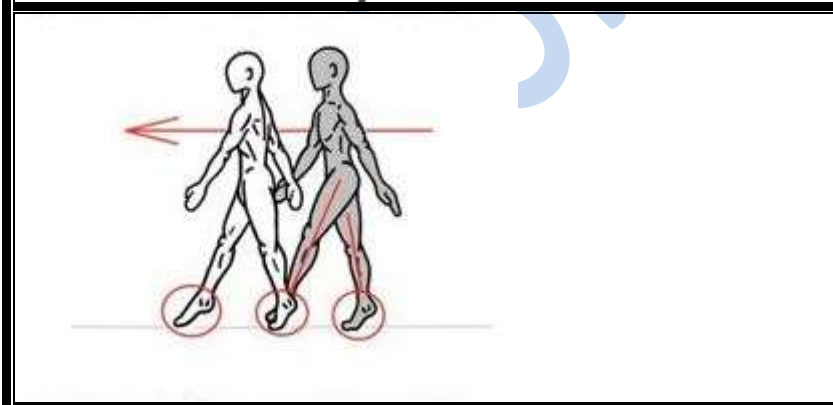
FOOT RELEASE USING GOLF/TENNIS BALL:-

- Keep a golf/tennis ball on the floor
- Place your foot on the ball.
- Can be done in sitting or standing.
- Now put your body weight on the ball and roll it over the foot front and back, side to side.
- Reps:- 10



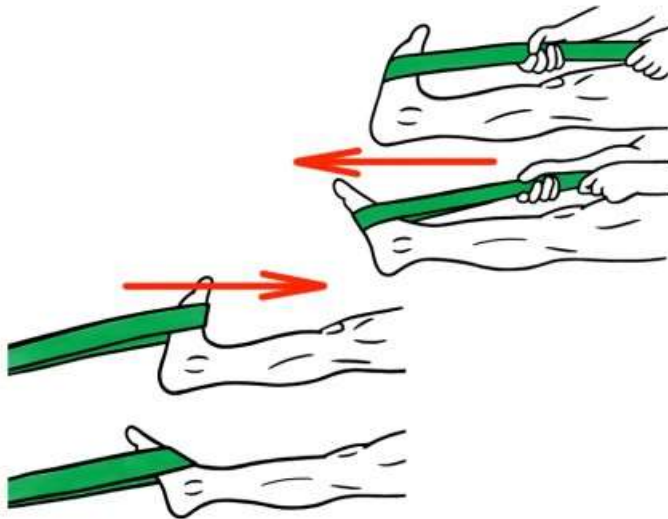
TOWEL SCRUNCHES:-

- Place a towel on the floor and place your feet on the towel.
- Now curl your toes and pull the towel beneath your feet without lifting the heel of the ground.
- Reps:- 10.



FOREFOOT MARCH:-

- Stand on your toes and walk forwards while you synchronize your arm movements.
- Reps:- start with 10 steps for 3 rounds.



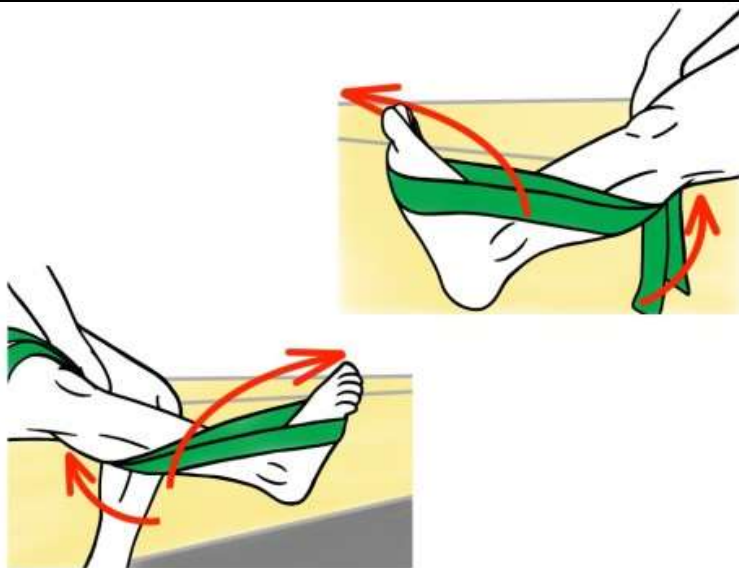
BAND STRENGTHENING:-

Step 1:-

- Hook the band around the ankle. Sit in long sitting.
- Hold the band tight and push downwards.
- Reps: 10
- Sets 2

Step 2:-

- Tie the band to a secure poll and hook it around the ankle. Now move back till you feel the tension on the band.
- Pull the feet towards you.
- Reps 10
- Sets: 2



Step 3:-

- Hook the band around the ankle and spiral it around the inside of the calf, before anchoring the band to the outside of the knee.
- Hold the band tight till u feel the tension.
- Now move your feet inwards and back to neutral.
- Reps: 10
- Sets: 2