

# Ankle Mobility

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Presented by the  
Doctors of Physical Therapy of

**evoliv**

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PHYSICAL THERAPY & PERFORMANCE

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# Welcome!

Thanks for joining us as we dive into ankle mobility drills for the functional fitness athlete!

We're excited that you've decided to check out more about how you can improve your mobility and stay healthy, fit and thriving! We're also honored that you've trusted us to come along side you for this journey.

Check out the content in this ebook and let us know what else we can do to help you. And, as always remember to...

Train. Recover. **Evolv.**

## What to Expect...

In this ebook, we'll specifically be speaking to mobility as it relates to the ankle and drills to help you improve it.

We'll begin with a banded opener exercise, then address the calves and finally finish up with controlled single leg strength challenge.

This way, you'll understand where you need to focus your attention as it pertains to YOUR ankle mobility.

**Enjoy!**



# Banded Ankle Dorsiflexion Mobilization

- Loop a medium/heavy band around a squat rig or upright at floor height.
- Place a box in front of where you placed the band, at an angle. From there, place the band around one ankle and put that same foot on top of the box.
- Lean forward, pushing the knee over the toe, focusing on keeping the heel down on the box. Rock forward and backward.



- Perform this stretch for 1-2 min. per side.
- Feel free to do this for a few sets before progressing on to your workout.

[CLICK HERE to watch the video](#)





# Calf Smash

- Set up on the ground with either a lacrosse ball (best), foam roller, or frozen water bottle.
- Targeting the muscle belly of the calf on either the medial (inside edge) or lateral (outside edge), place the object in the tender spots and pedal the foot up and down.
- Lastly, place your object of choice further down where the Soleus and Gastroc muscles (the two muscles of the calf, deep and superficial, respectively) come together. Do the same, pedaling the foot up and down while targeting the tender spots.



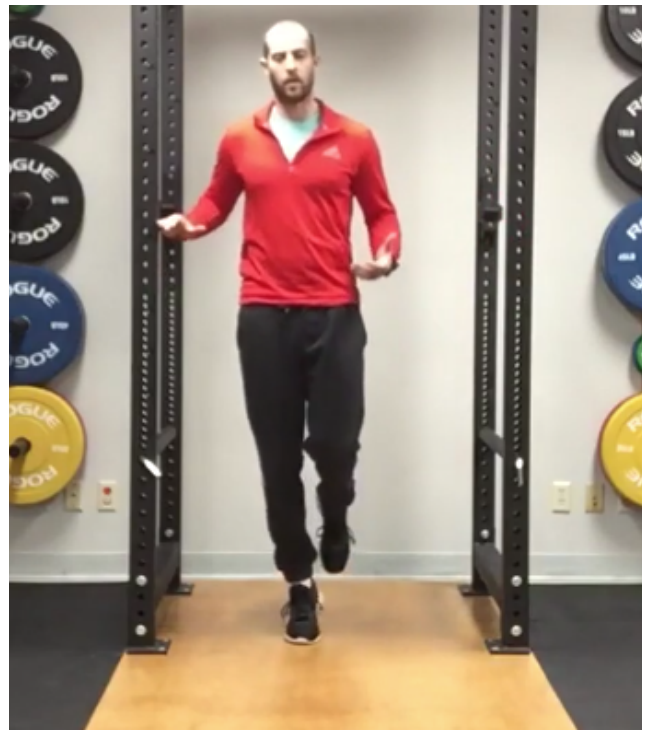
- Play around with movements (i.e. roll the ball from side to side, up and down instead of just pedaling the foot) to find what works and feels best for you.

[CLICK HERE to watch the video](#)



# Single Leg Calf Raise

- Find a sturdy object to use for balance at first. As you progress with this movement, try barely holding onto support or go without support altogether.
- Standing tall with a very minimal fixed bend in the knee you're standing on, move at the ankle joint through a full range of motion, pausing briefly at the top and lowering under control.
- This is a great drill to work ankle/calf strength through a full range of motion. To make it more challenging, perform off the edge of a step or hold onto weight in the free hand.



- Completing 20 reps per leg is a good strength goal to have before progressing.

[CLICK HERE to watch the video](#)



# Want More?

We can help with that.

We love working with clients that want more!

We offer lots of ways to help you achieve more...

- Contact us to schedule an Initial Evaluation session to get out of pain, figure out the root cause of your issue and set up a plan for long term success without frustrating and nagging injuries
  - Evolv Physical Therapy & Performance Clinic - Grafton  
Dr. Matt Paluchniak (262) 846-5141 [matt@evolv-pt.com](mailto:matt@evolv-pt.com)
  - BrewCity CrossFit - Milwaukee  
Dr. Erik Gregersen (314) 283-4459 [erik@evolv-pt.com](mailto:erik@evolv-pt.com)
- Attend one of our workshops at our Grafton clinic or a gym near you.
- Follow us on social media using the icon links on the bottom of each page for frequent content, updates and more!

And as always, remember to...

Train. Recover. **Evolv.**

