

# Preventative Ankle Injury Program - Basic

## Daily Routine

*\*Lower Body Stretching is Important\**

- ANKLE CIRCLES*
  - 20 clockwise
  - 20 counterclockwise
  
- ANKLE PUMPS* – can add a band for resistance to make it more difficult.
  - 20 (up and down)
  
- CALF RAISES/HEEL RAISES*
  - 15 double leg
  - 10 single leg
  
- TOE RAISES/SHIN RAISES*
  - 20 double leg
  
- TOE WALKS* – heels off the ground walking forward and/or backwards.
  - 2x10 yards
  
- HEEL WALKS* – toes off the ground walking forward and/or backwards.
  - 2x10 yards
  
- SINGLE LEG BALANCE* – can make it more difficult by closing eyes or on an uneven surface.
  - 2x30 sec.