

Active Health Solutions

Ankle Dorsiflexion Exercises



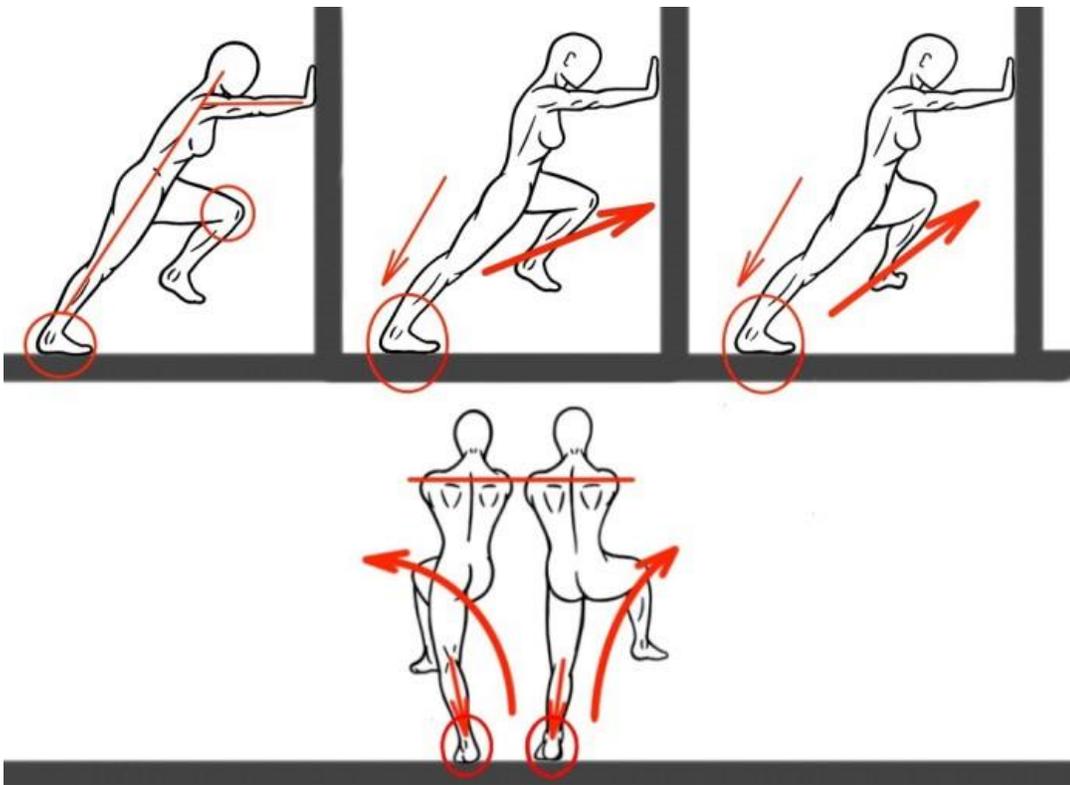
POSITION: Place both hands on the wall with the fingers pointing up.

Action: Drop your chest down towards the floor and push your hips away from the wall. This movement will help lengthen the lats and the chest muscles. Attempt to twist the belly of your biceps up towards the sky by externally rotating the shoulders. This movement will create even more length through the shoulders, lats and chest muscles.

Modes of Application:

Hold this position for approximately 30 seconds and focus on deep exhalations.

Optional: Hold the end position and perform several PNF Contract/Relax sequences.

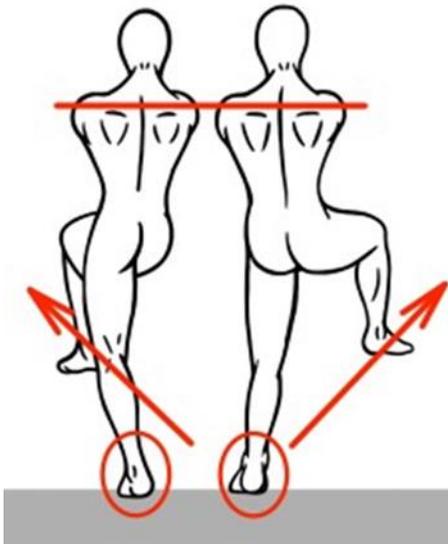


POSITION: Use your arms to brace your body against the wall on an angled slope with straight-line alignment from ear to hips to ankle. Slope the body approximately 30-45 degrees, but make sure that the standing heel is flush on the ground. Lift one leg off the ground and hold with a flexed position of the hip.

ACTION: As you keep the standing heel flat on the ground, drive the raised knee towards the wall in several directions: forward, right and left.

Driving the hips forward will stretch the standing calf and foot, while changing the angle of the raised knee can change the stretching emphasis on the calf and foot. Perform these movements in a smooth and controlled manner. Stay relaxed and breathe deeply. Find the directions and areas that work to release the most tension in your calf or foot and focus on those areas more.

Keep the back heel pressed into the floor throughout all of the movements. The back heel is the ankle that is being targeted. If the heel begins to lift from the floor as you drive the knee in the different directions towards the wall, it is an indication that you are tight and have restrictions in that movement pattern.



Revisit the other stretches and soft tissue therapy techniques for the calf and foot if you are not able to keep the back heel completely flat on the ground while performing this Ankle Matrix. Also, keep the shoulders square to the wall and level with the floor while performing the different variations of this stretch.

Modes of Application:

Smoothly perform several reps of this movement in each direction as you breathe deeply and relax. Next, hold this position for approximately 30 seconds as you press your knee towards the wall and keep the rear heel flat on the ground. Focus on deep exhalations.

Optional: Hold the end position and perform several Contract/Relax sequences with the targeted ankle/foot.