

Mockingbird Valley Premier



Ankle Stability Drills

Developed by



ADVANCED ORTHOPAEDIC
PHYSICAL THERAPY P.S.C.

Ankle injuries are one of the most common diagnoses we see at AOPT in our soccer players. If you have had an ankle injury (sprain, fracture, tendonitis, etc) or you want to avoid injury, we suggest focusing on these skills to be a stronger and better you!

Perform the following strengthening, balance, and agility drills 3-4 times a week to improve your game and decrease injury risk.

**Videos for each exercise can be viewed online at:
www.HEP.video**

For any questions or concerns of an injury, please contact your coach or Advanced Orthopaedic Physical Therapy (502-412-4486) for a complimentary injury screen.

STABILITY

Videos for each exercise can be viewed online at:

www.HEP.video

Enter the Video # for the corresponding exercise.



ELASTIC BAND EVERSION - SUPINE

Start by sitting with your legs out in front of you and place a looped end of an elastic band around your target foot. Hold down the band with your other foot and then hold the other end in your hand.



Next, move your target ankle so that the toes and foot move to the side or away from your mid-line. Return to starting position and repeat. □

TIPS!

- make sure you're not rotating through the hips, your knee cap should be pointing straight to the ceiling throughout the rep
 - ROUND 1: point your toe down while performing eversion
 - ROUND 2: pull your toes up toward your face while performing eversion
- Video # VVYSBZSY5

Repeat 20 Times

Hold 1 Second

Complete 2 Sets

Perform 4 Times a Week

Copy Exercise ID Here: VVYSBZSY5



HEEL WALK

Raise up your toes and walk on your heels.

Set a timer for 30 seconds Video # VVJYQ8XFR

Repeat 1 Time

Hold 30 Seconds

Complete 1 Set

Perform 4 Times a Week

Copy Exercise ID Here: VVJYQ8XFR



HEEL RAISES - CALF RAISES - STEP - UNILATERAL

Stand on a step with one leg and with your heel off the edge. Next, raise up on your toes as you raise your body upward as shown. As you come back to starting position, let your heel drop lower than the step to train the full range

Repeat 20 Times

Hold 1 Second

Complete 2 Sets

Perform 4 Times a Week



single leg stance heel raise knee bent

Balance on one leg with heel raised and knee flexed slightly. Progress to eyes closed once you can perform 30 seconds with eyes open.

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 4 Times a Week

BALANCE

Videos for each exercise can be viewed online at:

www.HEP.video

Enter the Video # for the corresponding exercise.



RHOMBERG STANCE - SINGLE LEG - EYES CLOSED - SLS

Cross your arms over your chest and then stand on one leg. Perform this next to a table or other sturdy object. Hold your balance in this position...then, close your eyes. Try and hold this position with eyes closed as best you can.

THE GOAL IS 30 SECONDS! Video # VVSC6NTDA

Duration 30 Seconds

Perform 1 Times a Day

Copy Exercise ID Here: VVSC6NTDA



RHOMBERG STANCE - UNSTABLE - SINGLE LEG - SLS

Stand on top of a balance pad, pillow, seat cushion, or other unstable surface.

Balance on one leg and cross your arms over your chest. Perform this next to a table or other sturdy object. Hold your balance in this position. THE GOAL IS 30 SECONDS!

When this is achievable, close your eyes. You should be able to hold this for 30 seconds as well. A good foamy material in the house is a couch cushion. Video # VVHCQ44NJ

Duration 30 Seconds

Perform 1 Times a Day

Copy Exercise ID Here: VVHCQ44NJ

AGILITY

Videos for each exercise can be viewed online at:

www.HEP.video



CONE TAPS - SINGLE LEG STANCE

Place 5 cones or cups around you as shown. Balance on a slightly bent knee. Holding a ball, lower yourself down to tap the top of a cone with the ball. Return to original position and repeat touching a different cone. Keep BOTH hands on the ball the entire time.

Perform this drill from right to left 8 rounds and from left to right 8 rounds

Advance exercise with smaller cones/cups and or faster speed.
Video # VVJPRFUBY

Complete 8 Sets

Perform 4 Times a Week



Single leg lateral hop

1. Start standing on one leg (i.e. right)
2. Hop towards the side (right if right foot, left if left foot)
3. Focus on a gentle, quiet landing with good hip and knee alignment. Want knee to be behind toes and knee to be centered over the foot and not sweeping inward or outward.
4. Regain knee control before going into next hop. Holding for an extra 1-2 seconds in a mini one leg squat can sometimes be necessary to gain good knee control before going into the next hop

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Week



Single leg Squat

1. Stand on one leg
2. Bend at hips and knees. Send butt backwards like sitting into a chair. Do not want knees to pass in front of the toes.
3. Keep weight centered in middle of the foot and towards the heel. Keep belt line level. Do not want knee to sweep inwards or outwards, want it to stay centered over the foot.

Your body takes the path of least resistance. It wants to accomplish this task even if it needs to compensate to do so. We want to break down any bad habits that it uses to make the squat easier. Quality is more important than depth. You want it to be challenging but you only go down as far as you can with good technique. If you push and go too far down but cannot do it with good technique or good control you will only reinforce bad habits.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Week