

Advanced Ankle Exercise Programme

Please complete this programme _____ per day

1. Single leg dip



- Standing on the edge of a step
 - Place one leg forwards and slowly bend standing leg keeping knee hip and ankle in line with good control
 - Straighten standing leg to return to starting position
- Repeat _____ times.

2. Single leg stand/ heel raise



- Stand on one leg keeping your balance
- **Progression:** throw and catch a ball against the wall whilst standing on one leg
- **Progression:** close your eyes and keep your balance for as long as you can
- **Progression:** rise up onto your tiptoes and hold for _____ seconds. Repeat _____ times.

3. Wobble cushion single leg stand



- Stand on one leg on a folded cushion or pillow or half-filled hot water bottle.
- Aim to keep your balance for _____ seconds. Repeat _____ times.
- **Progression:** try doing this with your eyes closed or trying to throw and catch a ball whilst balancing on the wobble cushion.

4. Star excursions



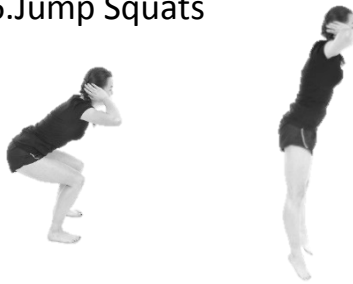
- Stand in middle of an imaginary star (asterisk)
- Bend standing leg when pointing as far forward as possible with opposite leg to the first point of the star.
- Return both feet to the middle then point out to the next point of the star and continue to all the points of the star
- Repeat on the opposite side. Repeat _____ times, both sides.

5. Hopping



- Stand on one foot and practice hopping up and down or forwards in a straight line.
- Repeat _____ times.
- **Progression:** practice hopping forwards and backwards
- **Progression:** practice hopping from foot to foot in a zig-zag line
- **Progression:** practice hopping around points/cones on the floor in semi-circular movements.

6. Jump Squats



- Standing on both feet, bend your knees and then quickly straighten and push through your knees to jump off the floor.
- On landing keep your knees bent and hold this squat position for _____ seconds. Repeat _____ times.

7. Standing Scooter



- Stand on one leg and imagine you are on a scooter and bring the lifted leg back behind you whilst bending the knee of the leg that you are standing on. Hold for _____ seconds
- Bring the lifted leg forwards again back to the centre and rest it onto the floor. Repeat _____ times

8. Ball skills



- Stand on one foot, Place your other foot on a ball in front of you.
- Dribble the ball around yourself making bigger circles each time with the ball around your foot. Complete _____ laps around your foot.
- Progression: practice dribbling the ball around cones, changing direction and running in diagonal lines.

9. Bridging



- Lie on your back, knees bent, hand across chest.
- Engage your core, now gently roll your lower back into the mat and then lift your bottom off the floor and gradually work up your spine, lifting one bone at a time, so you are resting on shoulder blades. Hold this position for _____ seconds.
- Then lower back down to the mat one bone at a time
- Remember to breathe steadily throughout. Repeat _____ times.

10. Clam



- Lie on your side with your hips bent to 45° and knees bent to 90°
- Lift your top knee upwards keeping feet together. Not allowing your hips to roll back.
- Hold for _____ seconds then lower back down. Repeat _____ times.

11. Side-lying hip abduction



- Lie on your side with your shoulders, hips and ankles in a straight line.
- Keeping your hips still, lift your top leg slowly up towards the ceiling. Hold for _____ seconds. Repeat _____ times.