

Phase 3

GOOD FOR:

- Increasing ankle strength
- Improving stability and balance
- Preventing ankle pain and injury

GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps unless otherwise noted
- Push sets to fatigue
- Tools: dumbbells

single-leg calf raise (knee straight)

Stand with the ball of one foot on an elevated surface or step. Perform slow calf raises through a full range of motion. Your heel should drop slightly lower than your toes on the down phase.



single-leg calf raise (knee bent)

Hold onto a doorframe or rack, sit your hips back, bend your knees, and lower into a half squat. Shift your weight onto one leg and perform single- leg calf raises. Maintain your knee and hip angle during the movement.



Amigo-PT (Protocols)

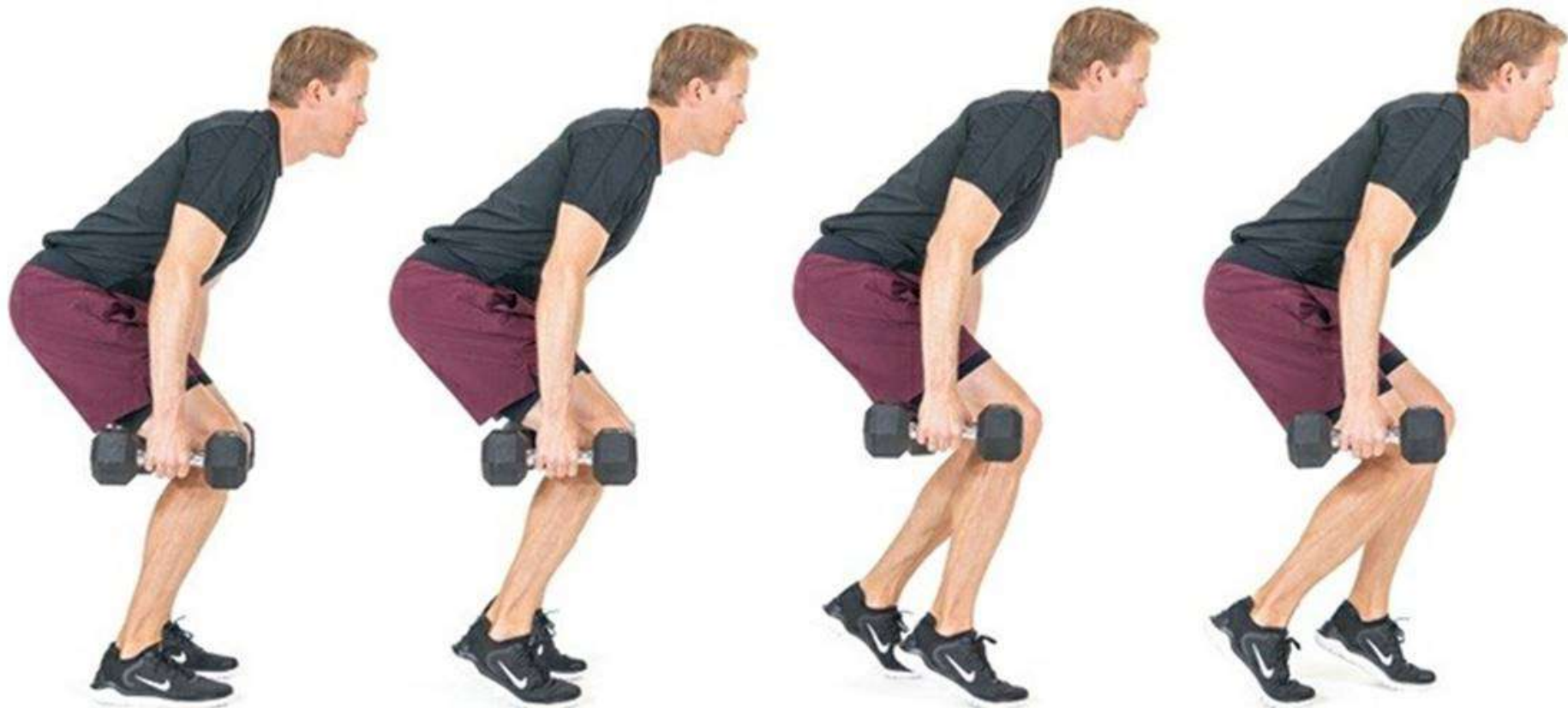
clock

Stand with your feet positioned underneath your hips. Shift your weight onto one leg. Sink your hips back and bend your grounded knee, then reach out to the positions of an imaginary clock with the other leg. Start at 12 o'clock and work through each hour position (returning to the start position after every step) until you reach 6 o'clock. Each leg will work through one half of the clock.



tiptoe walk

You can perform this exercise with or without dumbbells. Try the bodyweight variation first, then add dumbbells if it's too easy. Start by getting into a half squat: hinge from your hips, tilt your torso forward, and bend your knees. Get onto the balls of your feet and take small steps. Keep your knees over your toes and your heels off the floor. Choose a distance or rep range that is challenging (usually 15–20 steps).



single-leg hops

Stand on one leg and hop straight up. Land softly on the ball of your foot and allow your heel to come down with control. Jump only as high as feels comfortable and safe. Jumping too high without adequate control puts you at risk of suffering another sprain. Do 3 sets of 6–12 reps (hops).

Only do these exercises if your knee stability is very high and you need to be able to perform jumping movements in daily life.



skater jumps

Stand with your feet shoulder width apart. To generate momentum for the lateral jump, hinge forward from your hips and kick one leg back. As you do, rotate your shoulders toward your grounded leg. Think of an ice skater's stride (this is your start and finish position). Drive off the outside edge of your foot and extend your elevated leg laterally in the direction of the jump. As your foot leaves the floor, unwind your shoulders and bend your knee.

Cushion the landing by reclaiming the start position on the opposite side (hinging from your hips, lowering into a single-leg (skater) squat, and rotating your shoulders toward your grounded leg). Immediately repeat the sequence, hopping from side to side rhythmically. Do 3 sets of 6–12 reps (jumps).

skater jumps

