

# Phase 1

## GOOD FOR:

- Alleviating ankle pain
- Reducing inflammation
- Improving mobility
- Warm-up for phase 2 and 3 exercises

## GUIDELINES:

- Perform every day
- Tools: foam roller, resistance band

Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

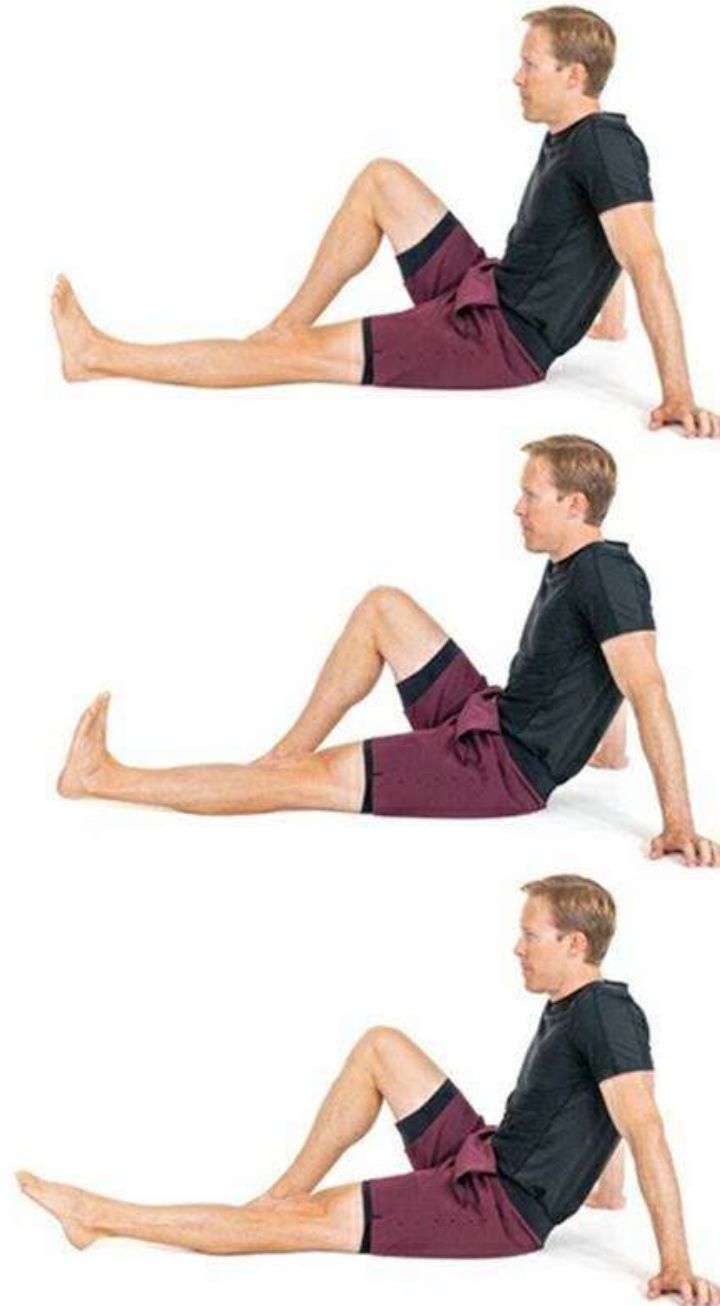
## **calf mobilization**

Sit on the floor with your calf positioned over a foam roller. Push off the floor with your hands and grounded foot (lifting your hips off the floor) to roll up and down your lower leg from ankle to knee, spending 1–2 minutes on each leg. To increase the pressure, stack your other leg on top.



## **ankle mobility plantarflexion-dorsiflexion**

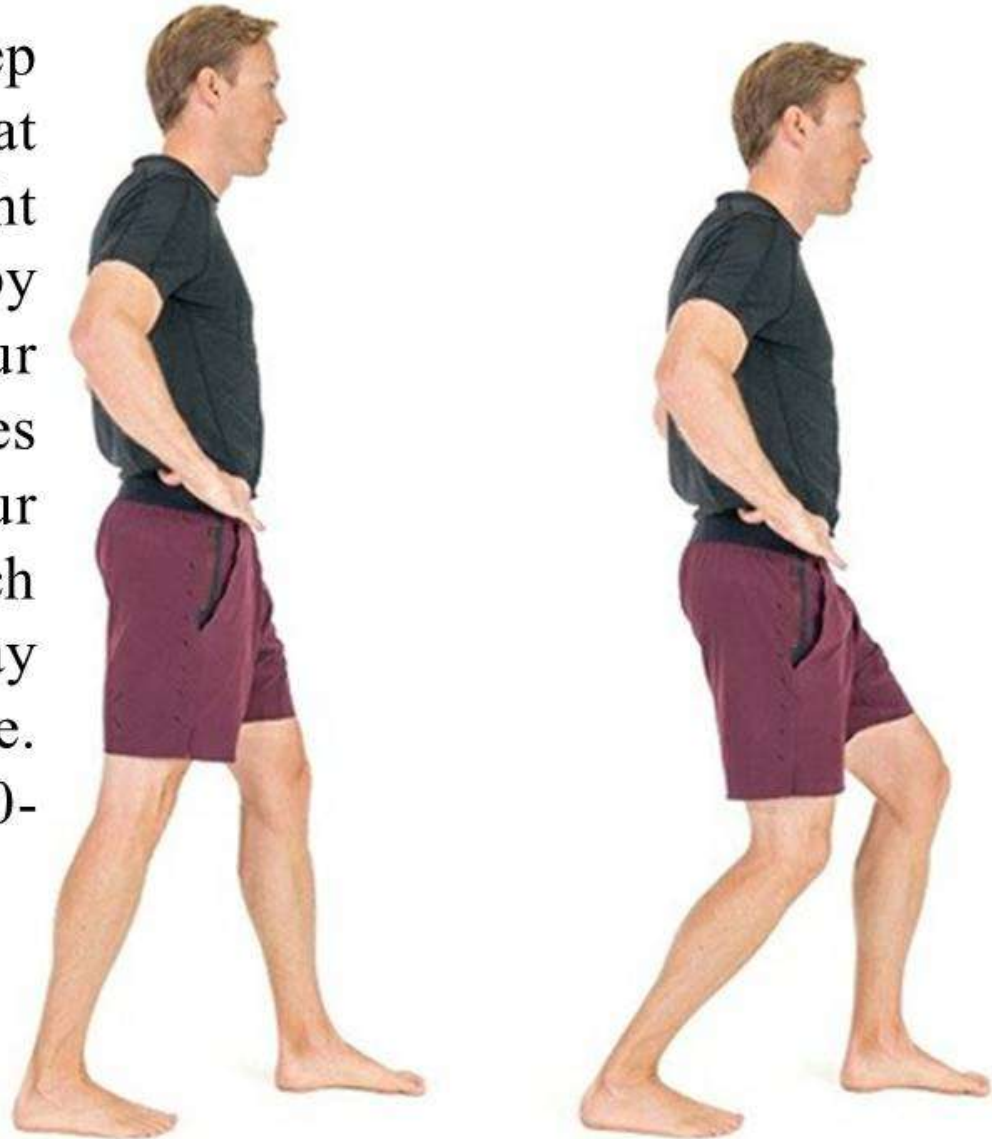
Sit on the floor or in a chair (any position where you can move your ankle freely). You can keep your knee straight or bend it. Move your toes toward your shin (dorsiflexion), then point your foot (plantarflexion). That counts as one rep. Do 3 sets of 15–20 reps with active range of motion—move as far as you can with no more than mild pain.





## **standing dorsiflexion stretch**

Stand in a staggered stance. Keep your back knee straight and feet flat on the floor. Shift your weight forward and lower your body by bending your knees, driving your rear knee forward over your toes until you feel a stretch in your calf/Achilles tendon. This stretch targets the ankle joint, so you may feel it on the front of your ankle. Perform 3 reps on each side with 30- to 60- second holds.



## **band plantarflexion**

Tie a loop in a resistance band, wrap it around the top part of your foot, and apply tension to the band with your arm. Extend your ankle as far as you can into plantarflexion with no more than mild pain. Slowly return to the start position. Do 3 sets of 10–15 reps.



## **band dorsiflexion**

With the band still looped around your foot, attach the other end to a fixed object or have a partner hold it to create tension. Pull your ankle as far as you can into dorsiflexion with no more than mild pain. Slowly return to the start position; don't let the band snap your ankle back down. Do 3 sets of 20 reps.

