

















ANKLE MOBILITY WEEK 1

FLEXION DORSAL DAY 1		FLEXION PLANTAR DAY 2		INVERSION DAY 3		EVERSION DAY 4	
1- CALF FOAM ROLLER		1- TIBIAL FOAM ROLLER		1- CALF FOAM ROLLER		1- CALF FOAM ROLLER (EVERSORES)	
	DAY 1- 1 MIN EACH SIDE		DAY 1- 1 MIN EACH SIDE		DAY 1- 1 MIN EACH SIDE		DAY 1- 1 MIN EACH SIDE
2- BANDED MARCH F/SUPINE POSITION		2-BANDED TRIPLE EXTENSION SUPINE POSITION		2- PAP INVERSION		2- PAP EVERSION	
	DAY 1- 3 X 3 X 5 SEC		DAY 1- 3X 3X 5 SEC EACH SIDE		DAY 1- 3 X 3 X 5 SEC		DAY 1- 3 X 3 X 5 SEC
3- BIG TOE UP F/ SITTING POSITION		3-HEEL RAISE F/SITTING POSITION		3- SQUEEZE FEET F/SUPINE POSITION		3- BANDED EVERSION F/SITTING POSITION	
	DAY 1- 2X10 REP EACH SIDE		DAY 1- 2 X 10 EACH SIDE		DAY 1- 2X 10 REP EACH SIDE		DAY 1- 2X 10 REP EACH SIDE
4- HALF-KNEELING LEG DRIVE		4- HEEL RAISE F/STANDING POSITION		4- INVERSION F/SITTING POSITION		4- EVERSION F/SITTING POSITION	
	DAY 1- 3 X 12 REP		DAY 1- 3 X 12 REP		DAY 1- 3 X 12 REP		DAY 1- 3 X 12 REP