

Exercise to Improve Ankle Strength & Stability

Eccentric Heel Raises:

- Standing on both legs, raise both of your heels off the ground in a controlled fashion.
- Once you are all the way up on your toes, engage your core as you bend one knee so your leg is off the ground.
- Standing on only one leg, slowly lower yourself back to the ground. This should be a controlled movement that takes 2 seconds to complete.

Repeat this for two sets of 10 on both sides.

You should be able to perform this entire movement in a controlled fashion without losing balance.



Ankle pain usually occurs because there is a lack of strength and flexibility in the ankle. So when your athlete is running or sprinting or when they are jumping to catch or head a ball, the impact that their foot endures when they land is very painful. This lack of ankle strength will most definitely lead to injuries down the road. We want to help you address any muscle imbalances your team may have so that they aren't complaining of pain and problems.

We want to help you address any muscle imbalances your team may have so that they aren't complaining of pain and problems. Call our Loudoun Sports Therapy Center today and we can work with you on short and long term solutions that will prevent injuries and improve performance so your athletes are stronger and injury-free throughout the season.