

Ankle Mobility

Stepping up your healthy “kick”

Small Anytime Exercises

Ankle circles

Start off with a stretch. These circles help your range of motion, and you can do them sitting or lying down.

1. Put a rolled towel or foam roller under your ankle.
2. Turn your ankle slowly in circles, clockwise 10 circles and counterclockwise 10 circles.
3. Move just your foot and ankle, not your leg.
4. Vary the stretch by tracing out the letters of the alphabet with your big toe.

You can find more ankle stretches [here](#).

Single leg balance

1. Stand on a flat surface with your feet shoulder-width apart. Have a chair or wall nearby for support if you need it.
2. Holding your arms out to your sides, stand on one foot.
3. Do this daily, and try to increase the number of seconds you can keep steady on each leg.
4. When you're able to balance on one foot for 60 seconds, try the following variations:

Before, During, After ... Stretch it out

Myofascial Work/Finding trigger points

Take some time now figuring out how to better use self-massage before/during and after your workout. A foam roller is a great tool but not always handy. Use of a tennis ball, or even better a hard ball like a lacrosse ball can be handy during a workout when you cramp. Finding the trigger points BEFORE helps decrease the amount of time on deck “looking” for the pain point. Myofascial work can help with lactic acid build-up and stiffness in the body (including the foot and ankle!)

How to do it: Start by placing the ball under your calf, and move the ball around until you find a trigger point. Then, sit and work on that spot, making a few clockwise and counterclockwise circles until it slowly dissipates. After targeting the inside and outside portions of your calves in this way, gently roll the arch of your foot. Avoid hard pressure to your tendons. This activity has muscular benefit primarily.

Ankle End-Range Isometric Stretch

End-range isometric stretching describes the contraction (squeezing of muscles) at the end of the motion. For example, during a flutter kick, it would be an isolation of muscle contraction when the toes are pointed away from the body and then again when the toes are pointed towards the body. We don't really go to the extremes during a kicks set, but on land, isolating and working those muscles will benefit us there. These activities prime the nervous system, strengthen the joints and put us back on track to resume the kick set!

<https://www.healthline.com/health/ankle-mobility>

<https://youtu.be/X3gHnCKwBw4>

[https://www.stack.com/a/6-ankle-strength-and-flexibility-tips-f
or-swimmers](https://www.stack.com/a/6-ankle-strength-and-flexibility-tips-for-swimmers)