



JOINT PREP  
ANKLES



# SMR FEET

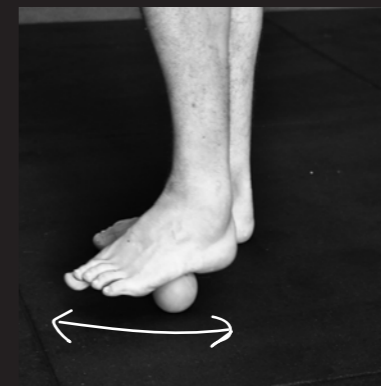


## Technique

15 – 20s on Each Foot - Perform Barefoot



Begin standing with feet parallel placing one foot on the ball, and gently shift your weight towards the leg standing on the ball. This is your starting position.



Roll the ball slowly forward and back under the arch of the foot keeping as much weight as you can over the ball. Focus more attention on the most tender areas.



Over the weeks, as tenderness under foot subsides you can increase the speed of the movement over the ball.



# SMR CALF



## Technique

2 x 15 reps on each leg - Perform Barefoot



Begin seated on the floor placing a foam roller under the Achilles with your other leg either crossed over the top, or on the floor alongside the roller. This will be your starting position.



Place your hands to your side, or just behind you and raise your hips off the floor. Rolling from your ankle all the way up to your knee and back. Perform this for 10s in each of 3 positions.

1. Toes pointing up
2. Pointing to the outside
3. Pointing to the inside



Dedicate more time to more tender positions as appropriate. If very tender move as slowly as possible from top to bottom, increasing speed as tenderness subsides.



# KNEE TO WALL SWIVEL



## Technique

2 x 15 reps on each leg - Perform Barefoot



Begin standing with feet parallel, knees touching and flexed as far forward as possible without heels coming off the floor. Then raise one foot behind with knees still touching. This is your starting position.



Maintaining the position of the foot on the floor pointing forward and keeping the knee flexed as far forward as possible, draw large semi circles with your knee across the front of your foot to the outside and inside 15 times.



Keep checking your knee hasn't drifted back, or that your foot hasn't changed position, moving smoothly.



# ANKLE CIRCLES AND FLEXION



## Technique

10 reps in each direction - Perform Barefoot



Begin seated on the floor with your legs out straight ahead while resting back on your hands as shown. This will be your start position.



Rotate your feet in opposing circles whilst keeping your thighs still, focus on drawing as large a circle as possible with your feet rotating at a moderate pace, complete 10 circles and change direction for 10 more.



Finally, point your toes as much as possible away from you and then point back to face you, repeating a further 10 reps.



# CALF RAISES



## Technique

10 - 20 reps - Perform Barefoot



Stand on the edge of a step, block, or raised platform.

Stand tall with your glutes and quads engaged, the balls of your feet firmly planted on the step, and your heels hanging over the edge so as to feel a stretch in the calf. Use a Wall, stick, or sturdy object to maintain



Raise the heels as high as you can so you are on your tip toes, focussing on your weight remaining primarily over the big toe.



Hold briefly prior to returning to the start position at the bottom and repeating 10 - 20 reps.