

Corrective Exercise- Ankles (wk 4)

Exercises

1. Ankle Flexion (peanut stretch) 1-2 sets of (:30-1:00) daily
2. Toe Drag Stretch 1-2 sets of (:30-1:00) ea. Side daily
 - a. Importance for health of walking gate and general movement
 - b. Range of motion enhancement for movement improvement
3. Inversion/Eversion (:30-1:00) daily (or depending on tightness)
 - a. Importance of squat depth
 - b. Less stress carried through legs if ankles are loose
4. Foam Roll Calves 1-2 sets of :30-1:00 daily
5. Reverse Calf Raises 1-2 sets of :30-1:00 1-2x/week

Daily Checklist: (Check off day when you complete exercises above)

Monday [] Tuesday [] Wednesday [] Thursday [] Friday [] Saturday [] Sunday []

Advanced

* Perform all exercises above for 3 sets daily if not improving as needed

Strength Exercises (Beginners & Intermediate)- week 4

Warm-Up

High Knee Marches, Hip Circles, Leg Swings, Arm Circles (2 sets of :30 ea)

Beginners

1. Deadlift- 1-2 sets of 8-10 reps or :30

Progression- Use stick for guidance (add weight slowly)

*** Perform 1-2 sets (15 reps) of hip ups if you have back pain/stiffness instead of Deadlift until optimal mobility is obtained**

2. Step Ups- 1-2 sets of 8-10 reps or :30 ea. Leg (use chair or railing if needed)

* If you are super tight or have any pain, refer to corrective exercises until pain subsides

3. Plank (use bench if modification is needed)- 1-2 sets of :30-1:00

4. Cardio of Choice for 1-2 sets of :30-1:00 (Marches, jumping jacks, high knees, etc.)

Perform this circuit for at least 2-3 times this week if beginner

Daily Checklist: (Check off day when you complete exercises above)

Monday [] Tuesday [] Wednesday [] Thursday [] Friday [] Saturday [] Sunday []

Intermediate

* Perform all above exercises 2-3 sets 2-3 times per week