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Ankle Prehab For Sport

Ankle prehab exercises are designed to strengthen the knee joint in order to prevent injury. The following exercises may also serve as strengthening rehabilitation for previous injury of the ankle joint.

1. [Knee Ankle Rolls](#)

- 2 Sets of 8 each direction

2. [Toe Pikes](#)

- 2 Sets of 8

- 3 second count on way down

3. [Partner Balance Fighting With Pad](#)

- 2 Sets of 30 seconds per leg

- Perform without shoes

- May choose eyes open or closed

4. [Ankle Band Work Eversion](#)

- 3 Sets of 8 each leg

- Resist movement from inside to out

- Move slowly within full motion

5. [Ankle Band Work Inversion](#)

- 3 Sets of 8 each leg

- Resist movement from outside to in

- Move slowly within full motion

6. [Incline Step Up Toe Raise](#)

- 3 sets of 8 each leg

7. [Anterior Tibialis Band](#)

- 3 sets of 8 each leg

- 3 second count on way down

Suggestions For Use

1. Perform all exercises as a workout

2. Perform all exercises after workout

3. Perform all exercises before workout

4. Perform 1-3 before workout/practice

5. Perform 4-7 after workout/practice

