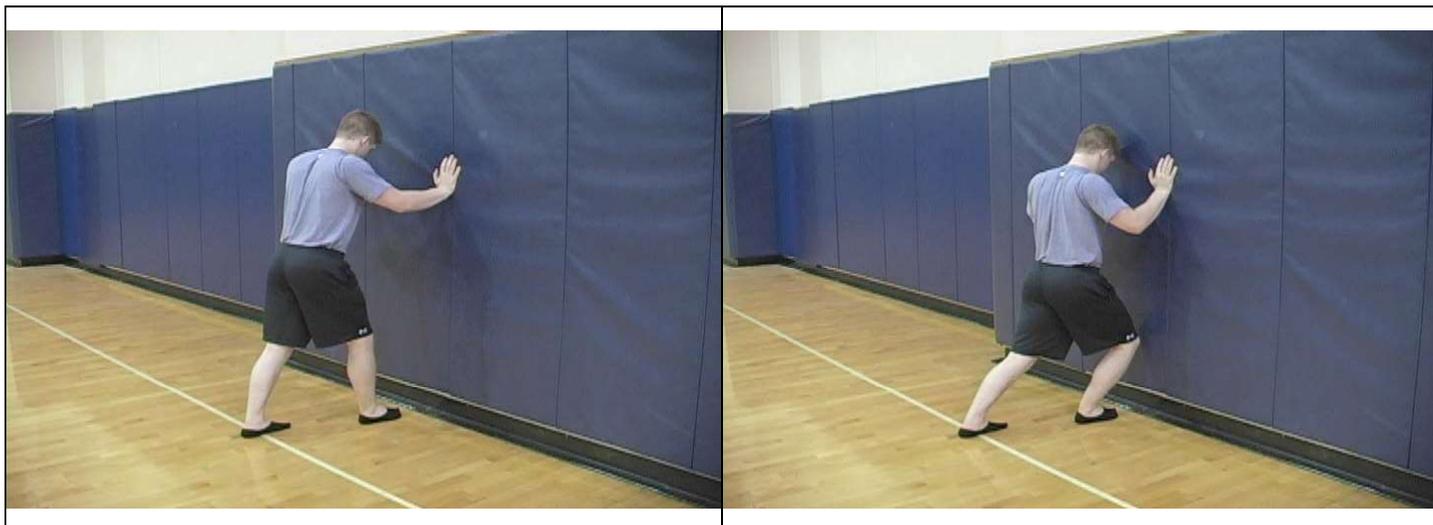


12.2 – WALL ANKLE MOBS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve ankle mobility into dorsiflexion.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Stand facing a wall, with the toes of one foot directly up against the wall. ▪ Stand up tall, and place your hands on the wall for support.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Place the weight on your front heel, and gently glide the knee forward, touching the wall. Pulse in and out of this position several times. ▪ If you can easily touch the wall, scoot your foot backwards in half inch increments until your mobility is tested. ▪ When you can no longer keep the weight on your heel, or you feel the weight shifting towards the inside of your foot, stop the drill and repeat on the opposite side.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ This is a mobility drill, NOT a stretch. You may not “feel” much of anything. ▪ Keep the weight on the heel, and towards the outside of the foot throughout.