Exercise Sheet – Functional Mobility – Ankle Mobility

Target area – Ankle

#### Sagittal Plane (Backwards and Forwards)

* Place front foot around five inches from a wall, back foot behind. Both feet should face forwards.
* Rock ankle backwards and forwards so that knee comes towards the wall.
* Ensure both heels stay on the floor and remain facing forwards.
* Perform 10 repetitions on each side or as prescribed.



#### Frontal Plane (Sideways)

* Stand arm’s length away from the wall.
* Swing each leg away from the body whilst keeping the trunk upright and back straight. Return to midline
* Aim to maintain foot contact with the floor without twisting sideways.
* Perform 10 repetitions on each side or as prescribed.

