



## STRENGTHENING EXERCISES FOR ATHLETES TO PREVENT ANKLE INJURY

Whether your passion lies on the football field, on the basketball court, or in the dance studio, your feet and ankles keep you moving. Don't let an ankle injury take you out of your game. Podiatrists—physicians and surgeons who treat the foot and ankle—recommend strengthening your ankles to prevent injuries, such as fractures or sprains.

### USE THE FOLLOWING STRENGTHENING EXERCISES TO HELP AVOID INJURIES:



#### STABILITY TRAINING ON A BOSU BALL

This ball creates a safe, yet unstable surface to train on. Training on a Bosu ball forces you to work the muscles that help stabilize and strengthen your ankles.



#### ONE-LEGGED STANDS

This exercise, commonly used in physical therapy, helps you to improve your balance. Stand upright with your feet together. Lift one foot off the ground and hold this position for at least 60 seconds.



#### ACHILLES TENDON STRETCHES

Sit in a chair and extend your leg so that your heel is on the floor. With your hand, reach down and pull your big toe up and back (toward your ankle and away from the floor). Hold the position for at least 15 to 30 seconds.