

Ankle Mobility

Drills

Level 1

Exercise	Reps	Notes
Straight Leg Calf Stretch	2 min	each
Flat Foot Knee Forward Stretch	2 min	each

Level 2

Exercise	Reps	Notes
Heel Drop Knee Forward Stretch	2 min	
Heel Drop Straight Leg Stretch	2 min	

Level 3

Exercise	Reps	Notes
Banded Ankle Mobility	2 min	med band
Heel Elevated Deep Squat	3-5 min	weight knees