

Ankle Mobility for Performance and Durability

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The ankle joint must move well through ankle dorsiflexion (knee going forward over toes) for optimal performance and durability. The foot and ankle are the first areas that deal with ground reaction forces that ultimately get transferred up the kinetic chain. If this area of our body is dysfunctional we can count on other areas of our body (knees, hips, low back etc.) to compensate. This is a bad cycle to be in and often leads to poor performance and injury. Below are a few ankle mobility examples that I recommend for all basketball players. You will need a foam roller and slant board for the first two examples.

Calves



- Position the roller under your lower leg and lift your hips off the ground to apply pressure.
- Roll from the top of the ankle to the bottom of the knee.
- Repeat on other leg.

Calf Stretch



- Place one foot on the slant board and drive that same knee forward until you feel a stretch in the back part of your lower leg.
- Repeat on the other leg.

Knee Driver



- Stand in a staggered stance and drive your back knee forward (keeping the heel down) until you feel a stretch in the back of your lower leg.
- Repeat on the other leg.

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