

FOOT & ANKLE

Foot and ankle strength is the foundation of all movement. These exercises target the intrinsic foot muscles, ankle ligament strength, and joint mobility through FRC techniques.

Foot Drills

6 foot and ankle drills to strengthen ankle and foot ligaments and muscles. Includes calf raises, squat circles, and ski jumper.

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Intrinsic Foot Exercises

1. Big toe up & small toes down 2. Fanning 3. Adduction & abduction of toes 4. Towel crunching with toes.

Intrinsic Foot Strengthening

1. Toe calf raises 2. Squat circles with foot control 3. Ski jumper. Progressively loads the intrinsic foot muscles.

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Ankle Eversion (PAILs/RAILs)

FRC PAILs & RAILs applied to ankle eversion. Builds strength and control at end-range ankle eversion. Also used for arthritis.

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