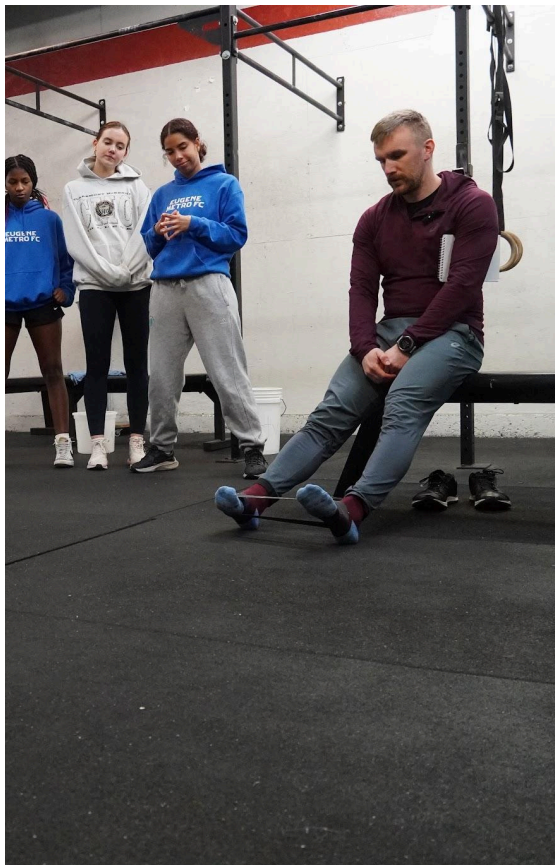




ADVANCED TRAINING AND PERFORMANCE

Banded Ankle Eversion



Exercise Description

1. While sitting, place a heavy ankle band across your feet, let your ankle relax until the toes are pointed down.
2. While you are keeping one ankle steady, move the other ankle out to the side
3. Slowly control the ankle coming back to neutral
4. Repeat for the opposite leg
5. Sets and reps
 - o 3-4 days/wk
 - o 3-4 sets
 - o 15-20 reps each leg

The Why

This exercise should focus on the muscles on the outside part of your lower leg. Oftentimes when one rolls an ankle a group of muscles called your “fibularis group” can get injured. This exercise is aimed at building strength in those muscles to help with ankle stability.

