

5.5 – Spring Ankle 4

The Spring Ankle Four position will mirror the thigh position found in Spring Ankle Three. Our alteration to this exercise can be located in the positioning of the ankle. Here the athlete performs the exercise in a plantar flexed position. Have the athlete once again step up on to the elevated platform, drive their knees forward and attempt to reach their highest point of plantar flexion. Once the athlete has located this heel position, they will lift one foot slowly off of the platform and hold the isometric.

Be sure to encourage the athlete to keep their heel as high as they possibly can during the entire duration of the hold. Often times the athlete will locate the proper position initially, but fade quickly after a few seconds of holding. This can be due to lack of foot function or may be as simple as the athlete being “mechanically blind” meaning that they are not aware of how to attain and hold the position. This can be caused by a weak foot that lacks function under tension or by an inefficient nervous system that lacks the myelinated signaling response necessary for the position. Either way, any consistent external feedback will greatly help the athlete become aware of the position and accomplish the positive increases in function that we are looking for.

Be sure to follow up with the video included in this section as it shows an athlete performing this position.