8.0 – Addressing Heel Spin

If you have athlete that exhibits a heel spin when they run it becomes a vital necessity that this athlete further develops the structural integrity of the ankle complex. This faulty movement pattern stemming from the posterior portion of the ankle can be addressed by implementing a larger volume of isometrics. You can identify if an athlete is falling victim to excessive heel spin by watching them sprint from a frontal view. As you observe the athlete in motion, you will see as their foot strikes the ground there will be a rotational torqueing pattern originating from the ankle. This deficient movement pattern must be addressed as it will only aid to greatly increasing injury potential and ground contract time. Increased injury potential and extended ground contact times are now being coupled in a high velocity pattern with rotational force where horizontal and vertical force is the necessity.

In order to address this issue and make the movement more efficient, take a rubber band and wrap it around the heel of the athlete and pull it out from the side away from the body. The athlete will then proceed to go into their isometric hold. This will force the Tibialis Posterior to hold the ankle complex in place. We will continue up the chain with the movement by bringing his swing leg knee up in the classic toe off position. This is done in order to ensure that the athlete has to use their little toe to stabilize the hip and Tibialis Posterior. Enhancing or correcting this function will help to stabilize the ankle as well as creating a synchronous relationship with all intrinsic and extrinsic musculature in the foot.