

## **5.6 – Spring Ankle 5**

The final position is a basic heel raise. While the athlete could perform this movement on the ground, we do prefer to have athletes do all these exercises in an elevated position typically on a step or very small box. We have found that when you have raised feet off of the ground the body finds a more stiff and rigid position. We personally like to use the Sorinex flops which are about an inch high. In this position the athlete will go into a raised position bearing weight behind the big toe, maintaining locked knees. From this position the athlete will then pick up one leg and try to hold statically in that single leg stance and locked position for a minute. Note, the ankle joint must be in a plantar flexed position rather than a neutral position at 90°. You will see some athletes locked at 90 degrees with the inability to correctly get into a plantar flexed position.

We have included both a photo and video of Spring Ankle Five with this section.