

5.3 – Spring Ankle 2

Spring Ankle Two in the series comes very close to replicating Spring Ankle One, however the position of the ankle is different. Now that we have just discussed the importance of efficient function in a dorsiflexed position, we must now be sure to address plantar flexion. The athlete will now identify if they are in fact able to maintain plantar flexed positional integrity in the ankle with a bent knee. Another aspect that is very important to understand is that this ankle position contributes to transference of force.

This is the key aspect that we are trying to really drive home with this manual. We want to make sure that athletes are able to transfer as much force as possible in an efficient manner. The more force that can be transferred coupled with the few leaks, the more explosive an athlete will become. Always remember that as energy transference efficiency increases, injury potential decreases.

Many athletes will struggle to find perfect positioning with this slight variation and may in fact be unable to handle very much external resistance or time under tension. Remember all external load in these positions is considered bodyweight only. The athlete steps on to the elevated platform just as in the last exercise, however this time the athlete performs a deep squat pushing their knees forward. Once the athlete is in this position, they lift their heels, drive their toes down and perform plantar flexion.

As we discussed earlier, we are looking for a 45-degree angle from the base of the big toe, through the heel. Therefore, while athlete is performing this exercise be sure to constantly remind them to get their heel as high as they possibly can throughout the duration of the exercise. Make sure the athlete is creating as much tension as possible to go along with this range of motion. Always encouraging the athlete to maintain a n active isometric the entire time.

We have included videos with this section showing an athlete properly performing Spring Ankle 2.