



Ankle Instability - Returning to Sport

1. Ski Jumps

Draw/use a line on the floor

Starting on your affected leg use it to push off and jump over the line

Land on the other foot, trying to ensure that you are well balanced. Then repeat by jumping to the other side.

Complete 6-10 reps as able – ensuring the exercise is performed well controlled.

Progression: You can add a weight, increase the distance you jump side to side.

Regression: Start with double foot jumps



[Click here to view the Ski Lift Exercise Video](#)



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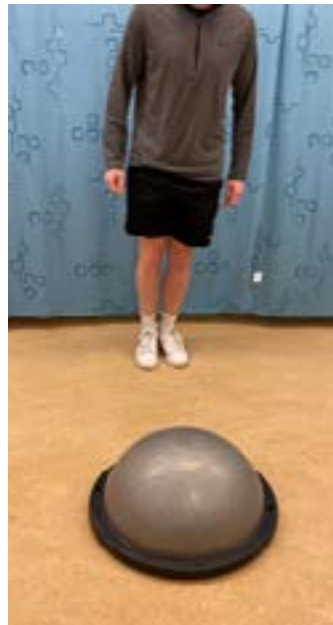
2. Bosu Ball Lunges

You can also do this with a wobble board or a cushion

Stand with both feet together, lunge forward putting the affected foot on the bosu ball

When steady on the ball use your gluteal and hip muscles to drive the foot back off the ball

Complete 6-10 reps as able – ensuring the exercise is performed well and controlled



[Click here to view the SBosu Ball Jumpers Exercise Video](#)



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3. Leg Drivers

Stand on one leg – initially with the foot flat on the floor.

With the other leg, drive the knee up, so your knee is high and up in front of each other

Then, without putting your foot down, extend the leg out behind you.

Try as many as you can before you lose your balance. Try for at least 5 each side

Swap legs

Progression: Stand on an unstable surface – either a cushion, wobble board, bosu ball



[Click here to view the Leg Drivers Exercise Video](#)



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4. Single Leg Romanian Deadlifts (RDLs)

Stand balancing on your affected leg with the knee slightly bent

Sit your hips back and bend at the waist, bringing the other leg out straight behind you bring your chest towards the floor until your opposite arm is at midshin

Drive through your heel to push your hip forwards to stand up straight and reset to the beginning

Complete as many as able keeping the technique

Progression: Add a dumbbell in the opposite hand to the leg you are standing





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5. Drop Jumps

Stand on a box or raised surface

Jump off the box or raised surface, as you land try and control it, holding with a pause

Try 10 reps

Progression: Single leg reps
-(affected leg)

Second progression: After the initial landing, rather than pause, jump again from the floor.



[Click here to view the Drop Jumps Exercise Video](#)



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5. Single leg Catch and Throw

Stand with the affected foot flat on the floor

Either with a partner throwing the ball, or throwing it at the wall and catching it.

You can make this sport specific – i.e. use a tennis ball/basketball/rugby ball

Progression: Foot on unstable surface – cushion, wobble board, bosu ball

6. Trampette work

If you have access a trampette then trampette drills can work really well.

Standing on the unstable surface you can complete a variety of drills

High knees, Jumps, Running, High knees with a pause