



## Resisted Dorsiflexion/ Plantarflexion Wallslide

### Purpose:

This exercise improves your ankle dorsiflexion with trunk stability

### Benefit:

Improved dorsiflexion improves deep squat mechanics which reduces early hip extension.

### Instructions:

Place your feet through the straps at the handles while keeping your back against the wall or door through the whole exercise. Then place the long foam cover in the middle across your flexed shoulders with the tubing going outside your arms. Place your feet as close together as possible. Bring your heels back toward the door as close as you feel comfortable. Place a towel roll between the knees and squeeze during the exercise. Slide down as far as you feel comfortable without letting your heels come up off the floor. Then straighten your legs and lift your heels off the floor until you are on your toes. Then return back to starting position, which is one rep. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

