



Assisted 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 the point of attachment above the head and put the handles there while keeping your back against the wall or door through the entire exercise. Hold the tubing below the waste line with your arms straight, and take hold of the foam handles. Place your feet as close together as possible. Bring your heels back towards the door as close as you feel comfortable. Place a towel roll between the knees and squeeze during the exercise. Bend knees and slide down as far as you feel comfortable without letting your heels come up off the floor. Then rise up to where your heels come off the floor and you are on your toes. Then return back to starting position. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

Do _____ reps _____ sets on _____ side(s).

