

THE “CRANKLE” GUIDE

To make buttery, more resilient, pain resistant ankles

These are my tried and true ankle go-to’s for healthy ankles, cranky ankles and even almost immediately after incurring an ankle injury. Used with the following guidelines, these drills, exercises and stretch techniques can be used not only for prehab and rehab but to train ankles to be more resilient beyond typical exercise patterns in movements where most injuries occur.

ANKLE ROTATIONS



- **Isolate** - Keep entire leg still while rotating foot in large circle
 - Straight leg is easiest
 - Can progress to bent leg positions
- **Move slow**, smooth and with tension as if stirring thick mud with 10# shoes on
- Press into **full ranges**, multiple directions at once (without pain)
- Min 3 sets/way. Repeat both directions
- Repeat often for acute injuries (minding pain points)



- *ISOLATE
- *MOVE WITH TENSION
- *DO NOT PUSH THRU PINCHING PAIN

These are the 1st things I recommend (and do myself) after rolling an ankle. Move slowly! Only carve around ranges that have pain. Use the following QR codes for tips and to see how I quickly managed a grade II sprain

ANKLE CAR TUTORIAL



ANKLE SPRAIN REHAB



ANKLE CAR REEL



There are 33 joints and 19 intrinsic muscles (located within the foot) alone. The ability to move, control and therefore stabilize and use these are why they are considered “the core” of the lower body. The following training vastly improves these beyond working them together at the same time (typical foot exercises).

FOOT INTRINSICS - TOE CARS



- *KEEP ANKLE STILL
- *DO ONE FOOT AT TIME UNTIL EASIER
- *USE FINGERS TO ASSIST STUBBORN TOES & HOLD
- *PROGRESS IN VARIOUS POSITIONS - SQUAT, SINGLE LEG STANCE, LUNGE.

- Dome arches - lift both sides of arches. Repeat the following 3-5x's of each:
 1. Keeping ball of foot (metatarsal) on floor, lift all toes up as far as possible (toe extension)
 2. Press big toe to floor keeping little toes up
 3. Keeping toes up spread far apart then place each one down one at a time - pinky to big toe
 - a. Pick each one up big toe to pinky toe
 4. Keeping arch dome, spread toes on floor
 5. Pick up/put down big toe, keeping all little toes down
 6. Lift all little toes up as far as possible keeping big toe down

Got stubborn or sticky toes? Try just accomplishing on or two before doing all of the above! And check these out for additional help:

TOE CAR TUTORIAL



TOE CAR FIX I



TOE CAR FIX II



These exercises serve beyond the daily nutrition needed to improve ankle and foot control and stability. They also serve as continuous roadmaps to determine what each foot needs to work on most. Get guidance to make sustainable changes

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The following stretches and exercises can all be tailored to address the rotational ranges that are necessary to improve limited, painful or weak ankles.

ANKLE ISOMETRIC STRETCHES



- Prop foot up against wall/stair or lean forward until ankle stretch felt with out pain
- Hold MINIMUM 1 minute (2 minutes best)
- Push down and gradually crush wall/stair and hold for for 10+ seconds then
- Pull deeper into the stretch for 10s

Repeat 2-3 times

Can be repeated 2x's/ week

Can be altered to increase lateral foot or big toe ranges



*START STRETCH IN A PAIN FREE RANGE

*DO IN VARIOUS POSITIONS (TOE IN)

*FOLLOW W/ MORE ROTATION

CALF ECCENTRIC STRETCHES



- Stand on stairs or curb - lift BOTH heels as high as possible
- Release/bend one leg keeping height of opposite leg
- As slow as possible lower into stretch

Doing individually allows each ankle to work at it's ranges and control



*NEVER PUSH INTO PINCHING PAIN

*USE SUPPORT FOR BALANCE (KEEP FOCUS ON EFFORTS)

ANKLE ECCENTRICS



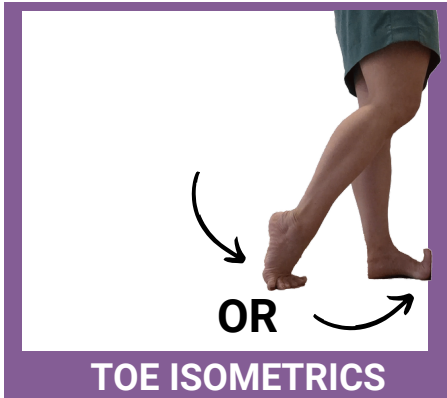
PROGRESSIONS WITH ROTATIONS



ANKLE ROTATION ECCENTRICS



TOE ISOMETRIC STRETCHES



- Prop toes up against wall or stair, lean into toe stretch without pinching pain
 - Or place toes behind you on floor and push ankle forward until stretch felt w/out pinching pain
- Hold MINIMUM 1 minute (2 minutes best)
- Push toes and gradually crush wall/stair/floor and hold for 10+ seconds then
- Slide away from wall and hold toes up for 10+ seconds



- *CAN BE DONE STRAIGHT OR BENT
- *TRY DIFFERENT KNEE ANGLES
- *START ISOMETRICS IN MAX STRETCH (NO PINCHING PAIN)

Try these toe spotlighted options with your daily activities or workouts:



TOE STRETCHES



TOE EXTENSION HOLDS



TOE & ANLKE TRAINING INSPO



The key is to stay consistent with whatever ranges you're trying to improve. Dedicated and specific classes are ideal to really make sustainable changes and to know how to attack what's lacking (like the guidance & classes I offer to online KWK Mobility members).

You can still move the needle forward by adding one or a few of the drills from this guide as **supersets between your current training or movement practice!**

TRAINING EXAMPLES



- **ANKLE ROTATIONS** with calf raises and/or footwork (as with Pilates apparatus)
- **LATERAL WALKS** or standing holds on outer foot (supination) or inner arch (pronation)
- **ANKLE HOLDS** on an incline (curb or calf stretcher/incline board)
- **SPLIT SQUATS:** Try adding supination to train more ankle rotation
 - Front leg on outer foot
 - Back leg plantar flexed and rolled laterally

PLANTAR FLEXION INSPO



- **SPLIT SQUAT ISO's:** Hold or hover knee above a block with front heel elevated
- Try with supination or pronation
- **DUCK WALKS:** going from deep ankle dorsiflexion to plantar flexion with toe extension
- **TIBIAL RAISES:** Add rotation to raises - supinating & pronating between each

INCLINE HOPS



SPLIT SQUAT INSPO - FRONT LEG



SPLIT SQUAT INSPO - BACK LEG



While this guide is packed with valuable, super effective exercises and techniques, there may be specific drills and tips that may need to be focused on first or addressed more immediately in order to get progress. Please get professional, experienced guidance before proceeding further or if pain persists.

QUESTIONS AND FEEDBACK ALWAYS WELCOMED. ENJOY THIS RESOURCE THEN COME GET THE GUIDANCE, THE TOOLS AND THE CLASSES TO RESOLVE AND STRENGTHEN CRANKY ANKLES
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