

NETBALL ANKLE HEALTH EXERCISES

April 2020

5 TOP INJURY PREVENTION EXERCISES FOR ANKLES

As a result of restrictions surrounding usual netball participation our bodies are not exposed to the same sport specific movements as per normal. Ankles and knees in particular require strength and control in landing so it is important to maintain some stimulus during this time, be it modified, to ensure a safe resumption of usual activity when we are all able to hit the courts again.

And remember there are plenty of variations of these exercises found in [Netball Australia's KNEE Program](#) freely accessible online.

Here are our 5 Top Tips to help maintain the health of your ankles. Choose one from each group of exercises and do x3/week. If you have not done these exercises before in your training, commence with level 1 to establish a base and once easy progress to level 2 and then to level 3. Ensure these are done in alignment with your home strength program.

Calf Endurance

Your calf plays a critical role in stabilising your ankle.

Calf Raises - keep your toes long and maintain weight through your 2nd toe. Keep your knee straight and shoulders over feet.

Level 1 - Double Leg Raises with knees straight.

Level 2 - Double Leg Raises with knees bent.

Level 3 - Both of the above progressed to single leg.

Level 1 - Double Leg Raises with knees straight. 3x20



Level 2 - Double Leg Raises with knees bent. 3x20



Level 3 - Both of the above progressed to single leg. 3x12 each leg



Single Leg Balance

Stand on 1 leg with your stance leg slightly bent.

Level 1 - Standing balance +/- eyes closed.

Level 2 - Standing balance on cushion/pillow +/- rotate side/side.

Level 3 - Standing balance + ball.

Level 1 - Standing balance +/- eyes closed. Hold 2-3 minutes each leg



Level 2 - Standing balance on cushion/pillow. Hold 2-3 mins each leg. Once easy hold ball out in front in both hands and rotate side/side. Hold total 2 mins each leg



Level 3 - Standing balance + ball. Toss ball overhead or around body or do round the wall passes against wall. 2-3 mins each leg

Landing control

When taking off keep your feet straight ahead, knees in line with feet and bend through hips and knees.

Land “quietly” as if sitting back into chair with feet straight ahead and knees in line with feet.

Level 1 - Double leg jump to single leg land forwards +/- ball toss prior to landing.

Level 2 - Hop off one leg and land on the alternate leg +/- ball.

Level 3 - Step off step/book to single leg land +/- ball.

Level 1 - Double leg jump to single leg land forwards +/- ball toss prior to landing.

3x6 each leg



Level 2 - Hop off one leg and land on the alternate leg +/- ball. 3x6 each leg



Level 3 - Step off step/book to single leg land +/- ball. 3x6 each leg



Calf Power

Stand tall with your feet shoulder width apart. Come up onto the balls of your feet and while minimising knee bend bounce up and down on the balls of your feet. Try to minimise time spent on the ground.

Level 1 - Pogo Jumps on spot. 3x6

Level 2 - Pogo Jumps forwards, swing arms rapidly to assist the movement. 3x6

Level 3 - Pogo jumps lateral, do not allow knees to buckle inwards. 3x6



Hop Series

Remain in a strong compact position with your hips and knees slightly bent, chest up and trunk stable.

Level 1 - Hop and stick on the spot.

Level 2 - Hop and stick forwards/backwards aim high.

Level 3 - Repeated hop lateral - side/side over hurdle/book.

Level 1 - Hop and stick on the spot. 3x6 each leg



Level 2 - Hop and stick forwards/backwards aim high. 3x6 each leg



**Level 3 - Repeated
hop lateral -
side/side over
hurdle/book. 3x6
each leg**

Please Note: These exercises are designed to improve the strength and control of your ankles.
If you are experiencing any pain with any of these exercises please talk to a medical professional for advice.