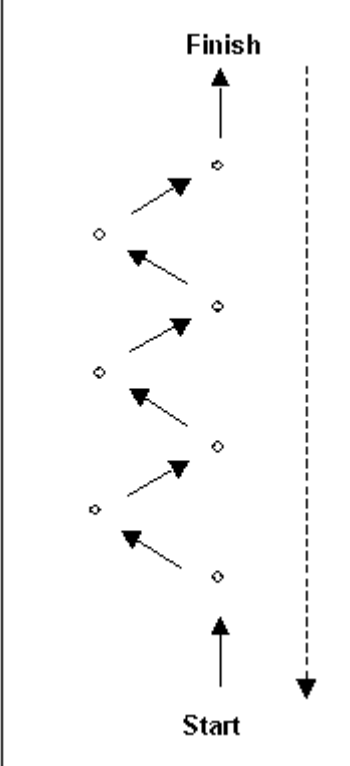


ADVANCED ANKLE REHABILITATION

Exercise	Description	Sets/Reps
	<p>Single-leg hops Hop in place on one foot.</p>	3 sets of 15 reps
	<p>Running Cuts Set up cones as in the picture to the left. Sprint to each cone, coming to a complete stop when you reach it. Push off and sprint to the next cone.</p>	Perform the whole drill 5 times

ADVANCED ANKLE REHABILITATION



Bodyweight Squat

Place your feet approximately shoulder width apart. Keeping your feet firmly planted on the floor and your back in a neutral position, bend at the knees and the hips so you drop into a squatting position. Return to standing.

3 sets of 10

Wobble board catch

Stand on the wobble board with one foot. Have a partner play catch with you while you maintain your balance.

Perform for as long as you can