

Your ankle is one of the most important joints in your body. It plays a crucial role in movement, stability, and locomotion to keep us moving forward. One of the most critical ways to protect the ankle and keep it healthy is by performing strengthening exercises. The stronger that the ankle is, the less likely someone is to fall, sustain an ankle sprain, and will have an improvement in your athletic performance. Ankle strengthening exercises are essential for keeping this joint stable and healthy. In this article, we will also look at the anatomy of the ankle strengthening exercises are so important and answer many of the frequently asked questions about strengthening the ankles. Anatomy Review of the AnkleThe ankle is a hinge joint made up of three bones in your lower leg, while the Talus sits on top of the ankle and acts as a pivot point. These bones are connected by ligaments, which help keep the ankle stable. There are also two main muscles on the back of the ankle that help with movement and propulsion: the Gastrocnemius is a large muscle that covers the back of the calf, while the Soleus. The Gastrocnemius is a large muscle that covers the back of the calf. downwards, otherwise known as Plantarflexion. On each side of the ankle is a group of muscles and tendons that control the side-to-side stability of the ankle and tendons that control the side of the ankle and tendons that control tendons that control tendons known muscles in these groups are Tibialis Posterior and the Peroneals. the group of muscles on the front of the leg or shin help pull the toes and the foot up off the ground. These muscles stabilize the front of the ankle and also help with the stability of the foots arch. Now that weve reviewed the ankle anatomy, lets look at the research on why ankle strengthening is essential for everyone. Why is Ankle Strengthening Important? There are four main reasons why ankle strengthening is so significant. First, strong ankles can help improve your balance and proprioception (your ability to feel where your body is in space). Third, stronger ankles can improve performance in sports and other physical activities. And finally, ankle strengthening can help prevent injuries to other body parts, such as the knees, hips, and back. One of the most important reasons to perform ankle strengthening exercises is to prevent ankle sprains and other ankle-related injuries. Ankle sprains are one of the most common injuries, particularly in sports. Its estimated that ankle sprains account for 16-40% of all sports-related injuries. A study by Gribble et al. looked at the ankle injury rates in a group of high school athletes. They found that the ankle injury rate was significantly lower in those who performed ankle strengthening exercises than those who did not. Another study by Hertel et al. looked at college athletes and found that those with stronger ankles were less likely to suffer from an ankle sprain. The resounding results of the research show that the more you work on strengthening and balancing at the ankle, the less frequent and the less intense your future injuries will be. These studies show that ankle strengthening exercises can help prevent ankle injuries in athletes. However, these results demonstrate the need for an ankle strengthening program for the general public and not just athletes. Falls are the leading cause of injury in adults aged 65 and older. In fact, one in four adults aged 65 and older will fall each year. Falls are the leading cause of hip fractures in this age group. Several factors can contribute to falling, such as muscle weakness. A study looked at a group of older adults and found that those with weak ankles were more likely to fall than those with strong ankles. Another study by Maki et al. found similar results; they found that ankle strength was a significant predictor of falling in a group of older adults. This is likely because these exercises improve ankle strength, balance, and proprioception. We often lose muscle mass as we age, but we also lose our balance and proprioception. Proprioception. Proprioception, it increases your falling chances. Ankle strengthening exercises can help to improve balance and proprioception. A study by Shumway-Cook et al. found that ankle strengthening exercises improved balance in a group of healthy adults. Another study by Di Fabio et al. found that ankle strengthening exercises can help to improve balance and proprioception. This is likely because these exercises improved strength and challenge the nervous system and our internal balance systems. Stronger ankles can lead to improve performance in a variety of sports. Strong ankles lead to faster sprinting, higher jumping, and an overall improvement in landing mechanics. It is essential to athletic performance to include ankle strengthening in any program. Ankle strengthening exercises can also help decrease ankle joint that the body feels it has to do, thus allowing for a better and more pain-free range of motion. If you want to be able to sprint faster or jump higher, start with strengthening the ankles. The ankle joint is the closest joint to the ground and produces the large forces needed for athletic performance. Our favorite Exercises for Stronger Ankles. exercises to improve strength. Well break it down into different categories of exercises and provide links to pictures or videos if you want to try to perform some of them independently. The first type of ankle strengthening exercises is resistance exercises. These exercises is resistance exercises and provide links to pictures or videos if you want to try to perform some of them independently. The first type of ankle strengthening exercises is resistance exercises. ankle weight. To get a resistance band, check out this post on our favorite resistance bands. Many different resistance exercises can be done to strengthen the ankle. Here are a few examples: Ankle Dorsiflexion: Sit with your leg extended in front of you. Place a resistance band around your foot and pull the band towards you, keeping your knee straight.Ankle Plantarflexion: Sit with your leg extended in front of you. Place a resistance band around your foot and push the band around your foot and push the band around your foot and push the band towards the other leg, keeping your knee straight.Ankle Eversion: Sit with your leg extended to the side. Place a resistance band around your foot and ankle are just a few examples of resistance band; these are just a few examples of resistance band; these are just a few examples of resistance band; these are just a few examples of resistance band around your foot and ankle are just a few examples of resistance band; these are just a simply classic exercises. Balance Exercises for the AnkleThe second type of ankle strengthening exercises can be done to strengthen the ankle. Here are a few examples:Single-Leg Balance: Stand on one leg with your knee slightly bent. Hold this position for 30 seconds and then switch legs. Heel Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes for 20 meters. Repeat this movement multiple times. Toe Walks: Walk on your toes Stand on a soft surface, such as a balance disc or pillow. Hold this position for 30 seconds and then switch legs. Single leg squat on foam pad: Place a foam pad on the ground and stand on it with one leg. Lower your body into a squat position and return to the starting position. Repeat this exercise for 30 seconds and then switch legs. Single-leg squat on a foam balance padA foam balance pad is an excellent tool to have at home to challenge your balance and also use as a cushion for kneeling or other activities. To learn more about a home foam balance pad, check out the link below. The Best Therapy Foam Balance PadThese are just a few examples of balance exercises that can be done to strengthen the ankle. Many other activities can be done to challenge your balance, but this is plenty to get you started on improving your balance. For related topics, check out the blog articles listed below. Proprioception Exercises The third type of ankle strengthening exercises challenge your balance. help to improve proprioception or your ability to adjust your movement in space. Several different balance exercises can be done to strengthen the ankle. Here are a few examples: Single-Leg Balance with Head Turns: Stand on one leg with your arms at your sides. Slowly turn your head side to side while holding this position for 30 seconds, and then switch legs. Eyes Closed Heel-Toe Raise: Stand on one leg with your arms at your sides. Raise your toe to stand on your heels. Hold this position for 30 seconds and then switch legs. BOSU Ball ankle rolls: Place a BOSU ball on the ground and stand on it with both feet. Slowly roll the BOSU ball in different directions with your feet. Single-leg balance on a foam pad with reaching plyometric Ankle Exercises The fourth and final type of ankle strengthening exercise are a plyometric exercises. These exercises involve explosive movements and help to improve power and athletic performance. There are a few examples: Ankle Hops: Stand on one leg with your knee slightly bent. Bend your ankle and rapidly extend it, propelling yourself into the air. Land softly on the balls of your feet and then repeat the movement. Figure 8 Hops: Place 2 cones 8-10 feet apart and stand on one leg with your knee slightly bent. Hop in a figure-eight pattern around the cones as fast as your can in 30 seconds. Repeat this movement for 30 seconds on the other leg. Side-to-Side Hops: Stand on one leg with your arms at your sides. Hop from side to side, landing softly on the balls of your feet each time. Repeat this movement for 30 seconds on each leg. Box Jumps: Stand in front of a box or platform about 12 inches tall. Bend your knees and then repeat the movement. As you can see, several different ankle strengthening exercises can be done to improve ankle strength, balance, and proprioception. These exercises can be performed by anyone, regardless of their fitness level. So, if you are looking to improve your ankle strength, be sure to give these exercises a try. Do you have any favorite ankle strengthening exercises? Let us know in the comments below. Disclaimer: The information provided in this post is for educational purposes only. This is not a substitute for a medical appointment. Please refer to your physician before starting any exercise program. Have you ever rolled your ankle just from stepping off a curb? Or maybe your ankles feel unstable when youre walking on uneven ground? Weak ankles can throw off your balance, make you more prone to injuries, and even cause pain in your knees and hips over time. The good news? You can strengthen your ankles with the right exercises and you dont need fancy equipment to do it. This guide will walk you through the best exercises to build stronger, more stable ankles so you can move with confidence. Whether youre recovering from an injury or just want to prevent one, these movements will make a big difference. Lets get started! Step 1: Warm Up Your Ankles FirstJumping straight into strengthening exercises with cold muscles is a bad idea. A proper warm-up will increase blood flow, loosen up stiff joints, and prepare your ankles for movement. Try These Simple Warm-Ups (3-5 Minutes Total) Ankle Circles Sit or stand and slowly rotate your ankles for movement. Try These Simple Warm-Ups (3-5 Minutes Total) Ankle Circles Sit or stand and slowly rotate your ankles for movement. Try These Simple Warm-Ups (3-5 Minutes Total) Ankle Circles Sit or stand and slowly rotate your ankles for movement. Try These Simple Warm-Ups (3-5 Minutes Total) Ankle Circles Sit or stand and slowly rotate your ankles for movement. This activates the front of your shin and ankle. Heel-to-Toe Rocking Stand with your feet flat, then rock back onto your heels, lifting your heels, lifting your toes. Next, shift forward onto your heels, lifting your toes. Next, shift forward onto your heels. Repeat 15 times. These small movements wake up your ankle muscles and make them more responsive for the exercises ahead. Step 2: Balance and Stability TrainingIf your ankles feel wobbly, its because the muscles that control them arent firing properly. The best way to fix this? Challenge your balance (Beginner)Stand on one foot for 30 seconds, keeping your core engaged. If its too easy, close your eyes or stand on a soft surface like a folded towel.Switch sides and repeat 3 times per leg. Heel-to-Toe Walk (Tandem Walk) (Intermediate)Walk in a straight line, placing one foot directly in front of the other (like walking on a tightrope). Do 10 steps back. Keep your arms out if you need balance, or hold onto a wall for support. Bosu Ball or Foam Pad Balancing (Advanced)Stand on an unstable surface (Bosu ball, balance pad, or even a folded blanket). Try balancing for 30 seconds with feet hip-width apart. If you feel stabilizers to work harder, training them to respond guickly to sudden movements. Step 3: Strengthening Exercises for Weak AnklesNow that your ankles are activated, its time to build real strength in the muscles that support them. Stronger ankles mean better control, fewer injuries, and improved overall movement. Do These Strength Exercises 3-4 Times Per Week Calf Raises (Double and Single-Leg)Stand with feet hip-width apart and slowly rise onto your toes, then lower back down.Do 3 sets of 15 reps.To make it harder, do single-leg calf raises (stand on one foot and lift). Resistance band around the top of your toes toward you against the resistance, then slowly return.Next, press your toes away from you (like pressing on a gas pedal).Do 3 sets of 15 reps in each direction. Toe Scrunches (Towel Exercise)Place a small towel on the floor and try to scrunches. Seated Alphabet ExerciseSit in a chair and extend one foot out. Use your foot to write the alphabet in the air, moving slowly. Switch sides and repeat. These simple moves wake up the right muscles and build endurance in your ankles. Step 4: Improve Ankle Mobility and Flexibility four ankles are, the better they can absorb shock and respond to movement. Try These Mobility and Stretching Drills Ankle Dorsiflexion StretchStand facing a wall with one foot forward. Bend your heel down. Hold for 20-30 seconds, then switch sides. Standing Soleus StretchTake a small step forward and bend both knees while keeping your back foot flat. Hold for 20 seconds and repeat on the other leg. Wall Ankle Mobility DrillKneel in front of a wall and place your foot about 4 inches away. Try to touch your ankle flexibility reduces injury risk and improves movement efficiency. Step 5: Add Functional & Sport-Specific MovementsNow that your ankles are stronger, its time to train them for real-life movements. These exercises improve reactivity, coordination, and overall resilience. Lateral HopsStand on one foot and hop side to side 10-15 times. This strengthens your ankle for sudden shifts in direction. Jump RopeJumping rope builds ankle endurance and explosive to side 10-15 times. strength.Start with 30 seconds and work up to longer sets. Agility Ladder DrillsIf you play sports, agility drills help your ankles are ready for whatever life throws at them. Bonus: How to Prevent Weak Ankles from Coming Back Wear Supportive Shoes No more flimsy flip-flops! Invest in good shoes that support your ankles. Avoid Walking Barefoot on Hard Surfaces If you have tile or hardwood floors, wear cushioned slippers at home. Strength Train Regularly Keeping your ankle muscles strong prevents them from weakening again. Listen to Your Body If you feel sharp pain, stop and rest. Pushing through pain can lead to injury. When Should You See a Doctor? If youve been doing these exercises consistently and still experience pain, swelling, or frequent rolling of your ankle, its time to get checked out. awayFeeling like your ankle might give out at any momentA podiatrist or physical therapist can identify any underlying issues and create a plan to strengthen your ankles dont have to hold you back. With just a few minutes a day, you can build strength, stability, and confidence in your movement. What to do right now: Try 3-5 minutes of ankle warm-ups. Choose 3-4 of the strengthening exercises above. Stay consistentyour ankles will get stronger every day. The more you work on your ankle strength training, we often picture big muscle groups, like the quads, calves, or biceps, getting stronger but all parts of our bodies need strengthening. Ankle strengthening exercises may not be at the top of your list, but they should be. Your ankles are crucial for stability and mobility. Having strong ankles can help with balance and prevent falls, says Julianne Payton, PT, DPT, a physical therapist at Hinge Health. Strong ankles can also help you avoid ankle sprains, especially if youre regularly playing sports or doing activities like hiking. Ankle strength and stability. With age, your balance tends to decrease become even more critical as you get older and develop normal, age-related changes in ankle strength and stability. points out Dr. Payton. But if you keep your ankles strong, you can stay more confident and steady on your feet for a lot longer. Read on to learn how strengthening your ankles prevents and relieves ankle pain, and discover ankle strengthening your ankles prevents and relieves ankle pain, and discover ankle strengthening your ankles prevents and relieves ankle pain. ankle, and foot muscles, as well as strengthen and stabilize the muscles and tendons around your ankle joint. They will also improve balance. Try to work these into your exercises as part of a resistance training workout.Get expert care and advice from our virtual physical therapy programIm looking for expert care nowI have foot or ankle pain and I am looking for treatment and exercisesI am just researching my foot or ankle pain and I am looking for treatment and exercisesI am just researching my foot or ankle pain and I am looking for treatment and exercisesI am just to improve lower body strength and mobility. They strengthen the calf muscles above your ankles, explains Dr. Payton. When those are strong, they help to support your ankles as well. How to do it: Start by standing with your feet to raise your heels off the floor. Focus on squeezing your calf muscles as you hold this position. Then, relax your heels back to the floor. This exercise helps to improve balance. It trains your ankle to remain stable when you stand on one leg, which is especially important when walking and running, says Dr. Payton. How to do it: Stand with one hand on a table or wall for balance, and your targeted foot flat on the floor. Push up onto your toes to lift your heel off the floor. Push up onto your toes to lift your heel down to the starting position. This exercise is like the calf raise, but it more specifically targets your soleus muscle (a muscle that forms part of the calf), which you also need for ankle stability. How to do it: Stand with your feet hip-width apart, your knees bent, and with one hand on a table for balance. Push through the balls of your feet to raise your knees bent, and with one hand on a table for balance. Push through the balls of your feet to raise your knees bent, and with one hand on a table for balance. Push through the balls of your feet to raise your knees bent. Relax your knees bent. Relax your heels back to the floor, as you knees bent, and with one hand on a table for balance. Push through the balls of your feet to raise your knees bent. Relax your knees bent. Relax your heels back to the floor. This move helps to improve shin, ankle, and foot strength. When all of these structures are strong, youll feel more stable and balanced. How to do it: Stand with your feet about a foot out from the floor. This exercise targets the smaller muscles on the bottom of your foot. There are so many small muscles under foot that we rely on as we stand and move, so its important to strengthen them to help your feet a comfortable distance apart. While keeping your heel in place, slide the ball of your foot toward your heel. It should feel like the middle of your foot is arching upward. Focus on holding up the arch of your foot. Relax your foot back to the starting position. This exercise is more specific to your ankle muscles. It helps to strengthen the inside ankle muscles that are important for stability, says Dr. Payton. How to do it: Sit in a chair that is next to a table and wrap a looped resistance band from one leg of the table to the inside of your foot. Adjust your foot so the band has tension running from the leg of the table to the inside of your foot. Raise your toes slightly away from the floor and move the inside of your foot back to the starting position. This move is similar to the ankle inversion, but this time youre focused on strengthening the muscles on the outside of your feet near your pinky toes. Move the front of your target foot out to the side to stretch the band as your heel stays in place. Move your foot back to the starting position. This exercise works to strengthen the muscles around your ankle, as well as your knee, hip, and even your lower back. It helps with stability, which is the biggest issue with ankles, says Dr. Payton. How to do it: To begin, stand straight in a comfortable position. Bend one of your legs to lift your foot off the floor by bringing the heel up toward your butt. Grasp your foot with your balance and your breath as you hold this position. Relax your foot to the floor and return to standing. This exercise mimics more functional movements, explains Dr. Payton. As a result, it helps to improve lower body strength, mobility, and balance. How to do it:Stand with your feet a comfortable distance apart. Move your chest toward the floor by hinging at your hips. Lift one leg off the floor by hinging at your hips. Lift one leg off the floor behind you and up toward the ceiling. Your knee can be slightly bent as you hinging at your eyes on a spot on the floor to the help with balance as you hold this position. Slowly return to the starting position. Move on to this exercises once youve mastered some of the above exercises since it challenges your balance a bit more, says Dr. Payton. Its also an all-over lower leg strengthener. How to do it: Stand with your feet a comfortable distance apart and your side or on your hips. Step one leg backwards to land on the ball of your foot. While bending your knees, lower into a lunge position. Your weight should mostly be in your front leg, with your front knee position. Your weight should mostly be in your front knee position. Your weight should mostly be in your front leg, with your front knee position. Your weight should mostly be in your front leg, with your front knee position. Your weight should mostly be in your front knee posit standing.Like the reverse lunge, this is a more advanced move. It forces you to work on your balance while you squat, which requires a lot of leg and ankle strength, explains Dr. Payton.How to do it:Stand with one hand resting on a sturdy surface, like a countertop or table.Lift one leg off the floor.To perform the squat, bend through your knee as you lean your chest slightly toward the floor and hold in a squat position. Push through your foot to straighten your knee and return to standing. The information contained in these videos is intended to be used for educational purposes only and does not constitute medical advice or treatment for any specific condition. Hinge Health is not your healthcare provider and is not responsible for any injury sustained or exacerbated by your use of or participation in these exercises. Please consult with your medical condition or treatment. The Benefits of Ankle Strengthening ExercisesWeak ankles tend to sprain more easily, says Dr. Payton. This exercises. can lead to you hobbling around for weeks, making most daily activities more challenging, from grocery shopping to driving to simply walking around. And ankle sprains are more common than you may realize: Its estimated that at least two million Americans sprain their ankles each year, whether they have stumbled on the sidewalk, slipped on the stairs, or rolled an ankle on their morning jog. Once you sprain jog. Once you sprain it again. In fact, up to 40 percent of ankle instability. Your ankles have to withstand a lot of weight and force. When you run and jump, for example, they carry the load of several times your body weight. If your ankles arent strong enough to support you, you run the risk of pulling a muscle or spraining ankle ligaments. Plus, and back, as well as other structures in and around the foot, explains Dr. Payton. Achilles tendinitis, for example, is more common if you have weak ankles as surrounding tendons often get overworked. Bottom line: Strong ankles have a positive ripple effect on the entire body and theres a lot you can do to help them get stronger, starting with the exercises above. PT Tip: Challenge Your Balance Anytime you balance on a single leg, you help to strengthen your ankle, says Dr. Payton. Try to incorporate small balance challenges into your day, like while you brush your teeth, wait in line at the grocery store, or pump gas. Its a small tweak that will go a long way towards strengthening your ankles. How Hinge Health Can Help YouIf you have joint or muscle pain that makes it hard to move, you can get the relief youve been looking for with Hinge Healths online exercise therapy program. The best part: You dont have to leave your home because our program, youll have access to therapeutic exercises and stretches for your condition. Additionally, youll have a personal care team to guide, support, and tailor our program to you. See if you qualify for Hinge Health and confirm free coverage through your employer or benefit plan here. This article and its contents are provided for educational and informational purposes only and do not constitute medical advice or professional services specific to you or your medical condition. \$0 Cost to youJoin more than 1.2 million members and over 2,200 companies that trust Hinge Health to get relief. Maughan, K. L., & Jackson, J. (2023, November 1). Ankle sprain in adults: Management. UpToDate. M. M., Kerr, Z. Y., Marshall, S. W., & Wikstrom, E. A. (2019). Epidemiology of Ankle Sprains and Chronic Ankle Instability. Journal of Athletic Training, 54(6), 603610. doi:10.4085/1062-6050-447-17Mugno, A. T., & Constant, D. (2020). Recurrent Ankle Sprain. Publishing. does the ankle work? (2017, December 27). Nih.gov; Institute for Quality and Efficiency in Health Care (IQWiG). you worry about twisting an ankle and taking a spill? Are you noticing problems with foot pain, balance and mobility as you age? These issues could be a sign that you out of commission for weeks. In fact, thousands of people sprain an ankle every year simply by stepping off curbs, stumbling in high heels or rolling an ankle while running or playing sports. As you move throughout your day, the joints in your ankles and surrounding muscles and adjoining ligaments. This will help ward off injuries and improve your stability and mobility. We talked to exercise physiologist Christopher Travers, MS, about how we can all regardless of our age or fitness levels protect ourselves against ankle problems. Why your ankles deserve attention According to Travers, if you make alterations at your base (your feet and ankles) youll affect the rest of your joints. One of the greatest worries about a weak base is the effect it has on your knees and how much internal rotation it puts into your hip. If youre deficient at the bottom, the joints and muscles in your knees and hips can weaken as well. This can cause your gait to change, ultimately making it more difficult for you to walk. That, Travers explains, is why its important to dedicate time in your fitness routine to stretching and strengthening your ankles. How to stretch before exercising. But did you know that stretching your ankles should be part of your routine? Especially if youre going to do a high-impact activity like running, stretching your ankles is vital. According to Travers, You want to make sure that youre not going from sitting straight into exercise. You want to make sure your ankles have had plenty of blood flow through the joint muscles surrounding it as well. Not sure how one goes about stretching their ankles? Check out the four quick and easy daily exercises below!1. Draw the alphabetThis one is as simple as A-B-C.Begin by lying on your back or standing, use a sturdy chair for support as needed.Lift one leg and draw the alphabet with your toes as you flex your foot. Then repeat with the other leg. Do the whole alphabet twice once for each leg once a day.2. Standing calf raisesIts time to get on your tiptoes! Stand on the edge of a step (if you have one) or an exercise step platform, using a banister or other support structure to keep your feet hip-width apart. Lift yourself up as high as you can onto your toes and then slowly lower your heels. Repeat the motion 10 times in a row. Do this exercise once a day.3. Supine dorsiflexionSupine is a fancy way of saying lying on your back. Lie down and, using your ankle, arch your foot so that its pointing toward stretch also known as dorsiflexion for 30 seconds. Do this stretch twice for each ankle (a total of two minutes) once a day. Keep hanging ou on the floor, because our next stretch also requires you to lie down.4. Supine plantarflexion for 30 seconds. Relax and repeat. Do this stretch twice for each ankle (a total of two minutes) once a day. Exercises to improve ankle stability Improving ankle stability is all about balance. Just standing on one leg and practicing balance can build the coordination needed to prevent ankle injuries from happening or at least decrease their severity. Standing on one leg while brushing your teeth, doing dishes or watching TV, for example, may have a positive impact. The four exercises below will help you be steady on your feet. If youre concerned about falling while doing these exercises, place a sturdy chair next to you that you can use to catch yourself if you get wobbly.1. Single leg stance (SLS) This one is as simple as it sounds. Just stand on one leg, with your stance leg slightly bent. Maintain your balance for 20 seconds. Do this three times for each leg a total of two minutes, altogether once a day.2. Forward SLSThis exercise is a slight modification of the SLS. Stand on one leg with your knee slightly bent on the stance side. standing. Do this three times for each leg a total of two minutes, altogether once a day.3. Forward reach SLSThis is the third iteration of the SLS. Once again, stand on one leg with your knee slightly bent. Next, reach forward with your opposite arm as far as you can without losing your balance. Hold the position for 20 seconds. Repeat three times for each leg for a total of two minutes a day.4. Tandem walking, without the associated danger. Because youre in motion for this activity, a chair isnt going to help you maintain your balance. Instead, walk alongside a wall, touching it as needed to steady yourself. Stand with one foot directly in front of the other so the toes of one foot touch the heel of the other. Every time you take a step, make sure the heel of your front foot is touching the toes of your backward or simply turning around, cross the room or hallway youre exercising in three times. A step in the right direction what to wearTheright footwearcan also help prevent an ankle injury or sprain. If youre on your feet most of the day for work, consider wearing shoes with cushioned soles. If youre a running store. Work with your doctorWhile most people can do these exercises safely, we recommend talking to your doctor before beginning anyexercise program especially if youre carrying, the more stress youre placing on your hips, knees and ankles. Weak ankles could also be a sign of other medical issues that require a doctors attention. For instance, if you have balance issues, it might not be because you have weak ankles it could be a signal of a neurological disorder. So, get checked out first. Once your doctor gives you the go-ahead, take time for these exercises every day. Incorporating them into your routine can help you maintain good balance, stability and posture for the long term. THINK ABOUT ALL the activity taking place on your feetwalking, standing, taking the stairs, running, jumping, squatting, lunging. The ankle supports nearly every movement involving the foot. Training ankle strength and stability is important to our functionality both inside the gym and outeven though it's rarely considered The importance of ankle strength in exercise routines is often underestimated. However, the ankle plays a vital role in the kinetic chain to keep our base stable for movement, says Brett Warner, P.T., D.P.T., C.S.C.S. of Bespoke Treatments. Our body uses something called ankle strategy, which is when the tendons of the ankle contract to both anticipate and react to movement, in order to keep our base stable for exercise, athletics, balance, or even daily tasks. If youve ever rolled an ankle sprain, torn ligament, broken bone, or shin splints to be the reason you wake up to the importance of ankle health. Whether youre a professional athlete or a normal guy just trying to get his 10,000 steps innothing is easy with a bum ankle. Preserve a little time at the beginning or end of your workout for some focused ankle training. There are several exercises and stretches that you can program into your day that take minimal time to maximize your joint health. Its called proprioception training, and it can help the mind better connect to the muscles. Its important to remember that these exercises shouldnt hurt. If any movements are causing pain, or if you think you have a previous injury, its best to see a medical professional, like a primary care doctor or physical therapist. Benefits of Strengthening Your AnklesThe ankle joints and the muscles that move them aren't only essential in that they connect your feet to your legs; they're also an important mechanism for your overall ability to walk, jump, and more. And if they're not in great shape, you won't be either. Weak, wobbly ankles are often a precursor to more serious issues, so making sure that you train them to build strength can help to prevent injuries. What is Proprioception, your ankle strength isnt going to help you. Proprioception is perception or awareness of your bodys position and movement in space. Basically, its your brain send the quick signals it needs to help you stabilize long before you have had time to make a conscious decision about which muscles to activate. So, for better ankle stability, youll want to bolster both systems the neuromuscular and the musculoskeletal systems. The Muscles of the Ankle SEBASTIAN KAULITZKI//Getty ImagesRendering of the ankle. There are many muscles that cross the ankle joint, including the gastrocnemius, soleus, posterior tibialis, flexor hallucis longus, and peroneal longis and brevis. Youll want to strengthen these muscles on one side of the joint contract or shorten, the ankle moves in that direction, simultaneously lengthening the muscles on the opposite side. When you want to stay still, instead of none of the muscles being active, you want multiple muscles to work together, or "co-contract" preventing movement in multiple directions at the same time. Many of the strengthening exercises for the ankle focus on ankle stability, which is important for any running or jumping sport, as well as daily function. But ankle stability doesn't just come from your musclesit also comes from your brain. This is where proprioception matters By practicing these drills, you can help your brain know how and when to stabilize the ankle joint, and support that system with stronger ankle muscles. Check out this list of ankle exercises that target both the muscles in and around the joint, as well as the system that helps activate them when you need them most.13 Ankle Strengthening ExercisesEccentric Dorsiflexion 3 rounds of 15 repsDorsiflexion is what allows you to pull your toes up towards your shin. Its a vital ankle movement. Even though it sounds super basic, training something as simple as dorsiflexion can help improve endurance for running, sprinting, or other sports. It can even help prevent shin splints, says Warner. How to Do It: To do this move, sit in a chair with your feet propped up on a stool or bumper plate if youre doing this in the gym. Let the forefoot dangle off the edge. Slowly lower the toes down towards the ground for 5 seconds, and then lift the toes back up towards the shins for a count of 2 seconds. You can always add some resistance to this move by holding a resistance band or light kettlebell over the forefoot. Warner suggests doing this for 3 rounds of 15 reps each side. The ankle evertors and inverters power the rotation of the ankle inward and outward. Strengthening these muscles is key in reducing the risk of rolling the ankle, often causing ankle sprains and strains. This exercise requires a resistance band. Loop your foot into the hole. How to Do It: Begin by placing the center of the loop around the base of the big toe. Wrap the band so that you create a line of pull perpendicular to your foot out towards the big toe against the resistance without moving your knee. Gently return foot to starting position with control do not let the band whip it back. Repeat with the band set up the opposite waywith the loop around the base of the little toe and the band anchored to the opposite side. Standing Heel Raises 2 to 3 sets of 10 reps for a count of two up, two downkali9//Getty ImagesTo stabilize a joint, you need to strengthen the muscles that support it. That includes your calf musclesthe two main ones being the gastrocnemius and soleus. This exercise focuses on those. How to Do It: Stand at a kitchen counter or table so that you can lightly touch the surface for stability. Begin standing normally, with feet hip width apart. Slowly lift up your heels by going up on your toes. Slowly lower yourself back down with control (don't just drop). Be sure to stay in control of the movement and go all the way onto your toes as long as this movement is pain free. Try not to let your ankles roll as you do this. Stretch your calves afterwards. Standing Heel Raises with Single-Leg Eccentric 2 to 3 sets of 10 reps on each side for a count of two up, two downOnce your calves afterwards. comfortable with the standing heel raises, take it up a notch with this slightly more challenging variation. How to Do It: Begin the same time, remove one foot so that you are standing on the toes of one foot and lower down only with that one foot.Repeat by going up with both feet, then down with one again. Do this 10 times on one side, then 10 times on the other side. Single leg training in all planes of motion. Its not enough to just balance on one foot, perfectly still. Adding trunk and hip rotation to single leg balance trains the ankle to maintain a stable base while twisting or rotating, such as direction changes on the field or court, says Warner. How to Do It: Balance on one foot and bring the opposite knee up to hip height. When youre stable, slowly start rotating the knee out towards the side of the body. Slowly return back to the starting position. Single Leg Balance on an Unstable Surface 2 sets of 30 seconds each side skynesher//Getty ImagesOne of the best ways to improve ankle stability is to challenge the ankle's balance. This move requires some kind of dense foam or slightly squishy surface, like an Airex or Bosu ball. How to Do It: Simply stand on one foot on the squishy object, and try to balance for more than 5 seconds, you might not be ready for this exercise. If 30 seconds on one foot is easy, up this move by trying a softer surface or throwing a ball up and down in place if you're alone, or playing catch with a friend if someone else is around. Still easy? Use a weighted ball and have your friend throw it to each side of you so that you throw off your center of gravity. Lateral Step Downs 3 sets of 12 reps each side Lateral steps downs are a functional exercise that you can add into your routine to train single leg stability. If youre coming off an ankle injury, this movement will also prime your ankles for squatting, as it moves the ankle through a similar range of motion and works the quads, hip stabilizers, and glutes, Warner says. How to Do It: Stand near the edge of a box on one leg. With your other leg by your side and dangling off, squat to slowly lower the foot to the ground until you just barely tap it with your heel. Extend your hip and knee to rise back up. Make sure the center of your knee cap stays in line over the second toe, preventing it from caving inwards, and that your knee cap stays in line over the second toe. scalable by incorporating more challenging elements such as a balance pad, added weight, and higher height. Star Exercise 5 reps on each leg Challenge your balance fortmakes focusing on the balance aspect a bit more difficult. How to Do It: Stand in one place and set up cones in a "star" formation, with 5 cones in a circle around you. While balancing on one foot, tap each cone gently with your other foot as you make your way around the star. Once youve tapped all the cones, youve completed one rep. If it's easy, try it standing on a squishy or unstable surface like an Airex foam pad or a BOSU. Squats on Balance Board 2 to 3 sets of 10 reps Similar to the star exercise, adding a dynamic component to your balance drill will increase the challenge. This exercise incorporates a fuller range of motion of the ankle through the act of squatting, while balancing on an unstable surface. How to Do It: Stand on a balance board or wobble board with one fulcrum of movementthat can mean either medial to lateral or anterior to posterior. Both ways will challenge your balance. Bend your knees slightly to find stability, then perform 10 squats without letting either edge of the board touch the ground. Double Leg Pogo Hops 3 sets of 20 seconds These are a great introduction to plyometric activities, Warner says. They train the ankle to tolerate impact and improve reactive strength, which is an important measure of performance for explosiveness and the ability to change direction quickly. Incorporate these into your warm up for anything plyometric based to prep the ankles for more intense activity like a HIIT class or a pick up basketball game. How to Do It: Stand with both feet together. Using only a small bend at the hip and knee, jump up and down in place as quickly as you canlike you would when jump roping. Make sure you are taking off and landing from the ball of your feet. The heels stay off the ground the entire time. Single Leg Pogo Hops 3 sets of 10 to 15 seconds per side FluxFactory//Getty ImagesOnce double pogo hops start to feel comfortable, try them on one leg next. Single leg training helps work out asymmetries in the body, Warner says. How to Do It: Stand on one leg. Using only a small bend at the hip and knee, jump up and down in place as quickly as you can, just like you did with the double leg hops. Make sure you are taking off and landing from the ball of your foot. Your heel stays off the ground the entire time. Squat Jumps The gastrocnemius and soleus muscles for propulsion and power. They act like a wound-up spring storing kinetic energy that, when released, creates an elastic energy to propel you into the air. these muscles while also strengthening the glutes, quads and hamstrings. How to Do It: Begin in a standing position with feet hip width apart. Slowly lower down to the ground before jumping straight up, pushing off your toes. Land on the balls of your feet, lowering the heels back onto the floor as you lower down into a squat to absorb impact. Utilize the power from the squat to push back up into the next rep. Single Leg Lateral Jumps 2 rounds of 60 seconds on each sideSingle-leg lateral jumps are a great way to improve your athleticism and balance. These exercises develop the ability to explosively move side to side, while training both the tendons and proprioceptive system to land in a stable and safe position, says Warner. How to Do It: Start by balancing on one leg. Slightly bend the knee to find stability, and push off the balls of your feet to power the jump. Hop a few inches laterally, landing in a partial squat position to protect the knee. Do the same thing in the reverse direction. Dr. Rachel Tavel, PT, DPT, CSCSRachel Tavel is a doctor of physical therapy, strength and conditioning specialist certified by the National Strength and Conditioning Association, and writer. Her writing has been published in Forbes, Fortune, Mens Health, Runners World, SELF, Bicycling Magazine, The Huffington Post, and more. She co-authored the book Stretch Yourself Healthy Guide: Easy Routines to Relieve Pain, Boost Energy, and Feel Refreshed (Prevention, 2020) and is a Forbes Health Advisory Board Member. Prior to becoming a physical therapist, Rachel was a travel writer living and traveling throughout South America. Connect: www.racheltavel.com, @racheltavel.com.Cori Ritchey, C.S.C.S.Associate Health and Fitness EditorCori Ritchey, C.S.C.S., is an Associate Health & Fitness Editor at Men's Health, a certified strength and condition coach, and group fitness instructor. She reports on topics regarding health, nutrition, mental health, fitness, sex, and relationships. You can find more of her work in HealthCentral, Livestrong, Self, and others. Some of the best exercises to strengthen ankles include ankle circles, calf raises, and the single-leg balance. Strong ankles are essential for mobility, balance, and injury prevention. Ankle injuries and weakness are a common issue that often results from instability, sedentary lifestyle, or injuries. stability, boost performance, and aid in injury prevention.Whether you are looking to boost performance, prevent injury, or rehab a sprained ankle, Ive put together these tips to help.Key Summary:1. Ankle Circles2. Alphabet Tracing with Toes3. Towel Scrunches4. Calf Raises5. Seated Resistance Band Plantar Flexion6. Seated Resistance Band Dorsiflexion7. Ankle Eversion with Resistance Band8. Ankle Inversion with Resistance Band9. Single-Leg Balance10. Bosu Ball or Balance Board Exercises11. Heel-to-Toe Walk (Tandem Walking)12. Hopping DrillsBenefits of Strengthening Your Ankles are less prone to injuries, such as ankle sprains. Strong ankles can also reduce the risk of injury from rolling the joint due to slips, trips, or falls. Improved Athletic Performance: Strong ankles are vital for activities that require stability and power, such as jumping and running. Improved Balance and Stability: This is known as proprioception and it is beneficial for walking, jumping, running, and daily activities. Improve Another an injury.12 Best Ankle Strengthening ExercisesThese 12 ankle rehab exercises are designed to improve mobility, reduce stiffness, strengthen the ankle joint and surrounding muscles, improve balance, and reduce the risk of re-injury. Range of Motion and Mobility ExercisesIf youre at the beginning of your ankle rehab journey, mobility exercises can be a good place to start. These range of motion exercises are beginner-friendly and excellent for stiffness, Ive had many clients report relief with ankle circles. Remember to go slow and stop if anything feels painful or forced. How to do ankle circles:While seated comfortably, raise one leg off of the ground several inchesMove your ankle in a slow, controlled circular motionAim to create a large circle with your ankle exercise encourages the ankle to move in all directions, promoting mobility and flexibility. How to do alphabet tracing with toes: Sit on the ground with legs extended in front of youPut a rolled up towel under your right calfUse your ankle, not your thigh or kneeRepeat on the left leg3. Towel ScrunchesTowel scrunches strengthen the small stabilizing muscles in the foot and ankle. Targeting these stabiliser muscles is an excellent way to prevent injury and improve stability. How to do towel or the floor in front of your foot (this requires a hard, smooth floor surface, not carpet) Reach out with your toes and scrunch the towel toward youUse your toes to push the towel back to the starting positionRepeat 8 to 12 times before switching ankle exercises are ideal for improving ankle exerc calves and the supporting muscles of the ankle. How to do calf raises: Rise up onto your toes, feeling the activation in your calf muscles Slowly return to the starting position in a controlled motion Repeat 10 times for a total of 3 sets5. Seated Resistance Band Plantar Flexion The seated resistance band plantar flexion exercise strengthens the soleus muscle. The soleus muscle is located in the calf and is vital to maintaining balance and posture. How to do seated resistance band plantar flexion: Sit with your legs extended in front of youReep your legs still and your knee facing up toward the ceilingFlex your foot to point down against the resistance of the bandSlowly let your foot back up to return to the starting positionRepeat a total of 10 times before completing on your unaffected foot6. Seated Resistance Band DorsiflexionThe seated resistance band dorsiflexion exercise targets the anterior ankle muscles. This group of muscles is crucial for motions that require turning the foot inward. How to do seated resistance band dorsiflexion: Sit in a chair or on the ground with legs extended in front of youWrap the middle of a resistance band around the foot seated resistance the opposite kneeLift your foot upward, pushing against resistance of the bandHold for a few seconds before slowly returning your foot to the starting positionRepeat 10 times to complete a set, aiming for 2 to 3 sets totalMake sure to repeat on the other foot7. Ankle Eversion with Resistance BandAnkle eversion completed with a resistance band is an excellent way to strengthen theouter ankle stabilisers, known as the everters. The everters are responsible for turning the sole of the foot outward and maintaining balance and stability. How to do ankle everters are responsible for turning the sole of the foot outward and maintaining balance band. around the midway down each foot Move your affected foot outward (evert), away from the bodys midlineSlowly return to the starting positionAim to repeat a total of 10 times on each side before completing on the other foot8. Ankle Inversion with Resistance BandThis ankle inversion exercise uses a resistance band for added difficulty and muscle building. Regularly performing ankle inversion exercise can support inner ankle stability and improve mobility. How to do ankle inversions with resistance band around the extended foot and hold an end of the band with each hand. Sit on the ground with one leg extended and the other crossed over Loop a resistance band. Sit on the ground with one leg extended foot and hold an end of the band with each hand. Sit on the ground with resistance band around the extended foot and hold an end of the band with each hand. Sit on the ground with resistance band around the extended foot and hold an end of the band with each hand. Sit on the ground with resistance band around the extended foot and hold and the other crossed over Loop a resistance band. Sit on the ground with resistance band around the extended foot and hold an end of the band with each hand. Sit on the ground with resistance band around the extended foot and hold are ended foot and hold and the extended foot and hold are ended foot are ended foot and hold are ended foot are ended foot and hold are ended foot are ende the bands resistanceSlowly return to the starting positionRepeat 10 times to complete 1 set, aiming for 2 to 3 sets totalBe sure to complete this move on both sides Balance and Proprioception DrillsThe next ankle strengthening exercises challenge ankle coordination, improve ankle control, and help fortify the ankles against injury.9. Single-Leg BalanceThe single-leg balance is an excellent exercise for enhancing stability, ankle strength, and proprioception. How to do the single-leg balance for 30 seconds, working your way up to 60 secondsSwitch legs to complete this exercises on the other side10. Bosu Ball or Balance Board ExercisesLooking for a challenge for your ankles and balance? The Bosu ball is one of my favourite ankle-strengthening tools. Balancing on the ball is harder than it looks but it is also fun! My clients always seem to look forward to using the Bosu ball.Adding a balance board or Bosu ball is an excellent way to progress your skills. If youve mastered the single-leg balance exercise, try completing it on a Bosu ball include the Bosu ball for an added challenge. My favourite balance exercise, try completing it on a Bosu ball is an excellent way to progress your skills. adding weights.11. Heel-to-Toe Walk (Tandem Walking) The heel-to-toe walk, also known as tandem walking, requires coordination. How to do tandem walking: Choose a space with a clear path that is straight and free of obstaclesStand with good posture and a lengthened spine and arms at your sidesPlace one foot in directly front of the other, positioning your heels and toes are almost touchingWalk steadily with a focus on maintaining your balance as you continue walking forwardAim to walk at least 10 to 15 feet totalFor a challenge, repeat tandem walking backwardStay near a wall for support if neededPlyometrics, exercises that feature rapid, explosive movements. These are effective for building functional strength, advanced rehab, and improved athletic performance. Be aware that plyometric exercises are high-impact and require precise technique. Hopping drills can use side-to-side or forward-backward motions, or a mix of both. Plyometric exercises can help build explosive strength and resilience, making these drills a great choice for athletes. How to do hopping drills can use side-to-side or forward-backward motions, or a mix of both. to land lightly and in controlAdd variations by hopping laterally or forward and backwardTry to hop continuously for 30 seconds, working your way up to a full 60 seconds Tips for Safe and Effective Ankle StrengtheningA comprehensive ankle rehabilitation program should focus on techniques and exercise that strengtheningA comprehensive ankle rehabilitation program should focus on techniques and exercise that strengtheningA comprehensive and exerc muscles. A full recovery is important for returning to all the activities you love and preventing injury. Here are my top tips for safe and effective ankle strengthening:Get Cleared for Exercise rograms with a healthcare professional before startingDont Rush: Start with controlled movements and progress

graduallyConsult an Expert: To find the best ankle rehabilitation exercises for you, I recommend working with a qualified physiotherapist can determine the ideal ankle rehab program for you to ensure the best outcome.Use Ankle Rehab Tools: Use resistance bands and balance tools for an added challenge. Resistance bands are excellent tools for ankle recovery, which is why we incorporate them in many of our ankle rehabilitation exercises into a daily routine for lasting benefitsFollow a Structured Plan: If recovering from an injury, follow a structured rehab plan. View Physio Pros Ankle Rehabilitation Guide for expert structured rehabilitation resources and support. Ankle Support During SportsVarious tools and methods can provide additional ankle support during sports or activity. This added stability can help enhance performance and guard against injury.Common ankle support tools include taping, strapping, and braces. Our in-depth post on strapping a sprained ankle covers the benefits of taping a sprained ankle and how to do it correctly. Read our post here: How To Tape Your Ankle and check out our range of physiotherapy related products.Along with physio tape, we carry Therabands and other ankle strengthening products and tools here: Products Physio Pro. If you would like personalised product advice, our team would be happy to chat with you. Perth Ankle Rehabilitation Tailored to Your Needs and GoalsStrong ankles are vital for injury prevention, balance, sports performance, and mobility.Performing the right ankle exercises on a consistent basis can help keep your ankles strong and reduce your chance of injury.View our ankle rehabilitation page for more guided resources or contact us to book an appointment.

Balance exercises for ankle stability. How to strengthen ankles for balance. Balansoefeningen. How do i strengthen my ankles for balance. Balance ankle exercises. How to strengthen feet for balance.