

# AAI FOOT & ANKLE CONDITIONING PROGRAM

The action of the foot is integral to all modes of gait from walking to sprinting. Despite this, training to develop this critical link is often overlooked by athletes and coaches. The analogy has been made that this situation is akin to a mechanic servicing a race car's engine but neglecting the tyres. With optimal running efficiency, energy leakage or areas of "collapse" are minimised at the hip, knee and ankle. Plyometrics and Technical Running Drills are methods commonly used to improve running efficiency. The goal of this program is to ensure that the muscles of the foot and ankle are sufficiently conditioned to withstand more advanced training such as plyometrics or running drills.

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## FOOT POSITIONING

This is the starting position for all subsequent exercises. Feet shoulder width apart and pointing forward. Slight bend in knees. Neutral Spine. Ensure equal weight distribution across the following 3 points of contact.

(1) the heel;  
(2) the lateral upper portion of the foot or outer ball of the foot in line with the baby toe;  
(3) near the medial portion of the foot toward the base of the big toe.  
Hold for 10 sec.

**X Repeat for 1 min.**

2

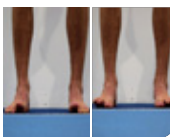


## TOE EXTENSION & FLEXION

Adapt the "Foot Setting" position. Extend all 5 Toe joints by lifting toes of the ground. Hold for 3-4 sec.  
Flex all 5 toe joints by curling all toes into the ground. Hold for 3-4 sec.

**X Repeat for 1 min.**

3

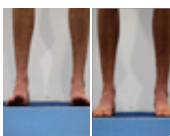


## ISOLATED BIG TOE EXTENSION & FLEXION

Adapt the "Foot Setting" position. Extend the Big Toe joint by lifting it off the ground, while flexing the other 4 toe joints by curling them into the ground. Hold this position for 3-4 sec & then reverse by: Flex the Big Toe joint by curling it into the ground, while extending the other 4 toe joints by lifting them off the ground. Hold this position for 3-4 sec.

**X Repeat for 1 min.**

4

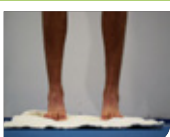


## TOE FLEXION 1 BY 1/PIANO TOES

Adapt the "Foot Setting" position. Extend all toes by lift them off the ground. Starting with the little toe, flex the toes one by one by returning them back to the ground

**X Repeat for 1min.**

5



## TOWEL CRUNCHES

Adapt the "Foot Setting" position with your feet positioned on a towel. Try to crunch the towel up by flexing and extending your toes.

**X Repeat for 1 min.**

6



## TOE WALKS

Stand on your tip toes at a line. Keep knees straight and maintain this plantar-flexed ankle position. Step forwards & backwards across the line

**X Repeat for 1 min**

7



## HEEL WALKS

Stand on your heels with toes of the floor at a line. Keep knees straight and maintain this dorsi-flexed ankle position. Step forwards & backwards across the line

**X Repeat for 1 min**

8

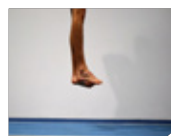


## TOE TAP WALKS

Stand on your tip toes at a line. Keep knees straight. Step forwards & backwards across the line. As you step pull your toes up to stretch the calf. Point your toes down again before making contact with the ground.

**X Repeat for 1 min**

9

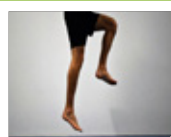


## DOUBLE LEG POGOS FORWARDS

Stand tall with your feet hip width apart. Quickly bounce up and down on the balls of your feet. Keep legs straight and pull toes up during the jump phase. Small jump heights and minimise ground contact time.

**X Repeat x 10-30 sec.**

10



## SINGLE LEG POGOS – LATERAL

Stand tall on one leg. Quickly bounce up and down on the balls of your foot. Keep leg straight and pull toes up during the jump phase. Small jump heights and minimise ground contact time.

**X Repeat x 10-30 sec.**