Summary: I aways say that in sports much starts at the foot and ankle. To assure good performance and to prevent injury the musculature around that area should be strengthened through resistance training and balance work. Resistance band foot exercises are a great place to start in strengthen this area especially after injury to the ankle. There are other exercises, like isometrics, that work well at the ankle. Lack of ankle control effects everything above it, especially the knee and hip. Read o Do not do this exercise over balanc work because balance training has greater overall benefit.

Foot Inversion and Eversion

GREAT ATHLETIC TRAINING EXERCISE SERIES

Foot Inversion and Eversion for Floppy Ankles

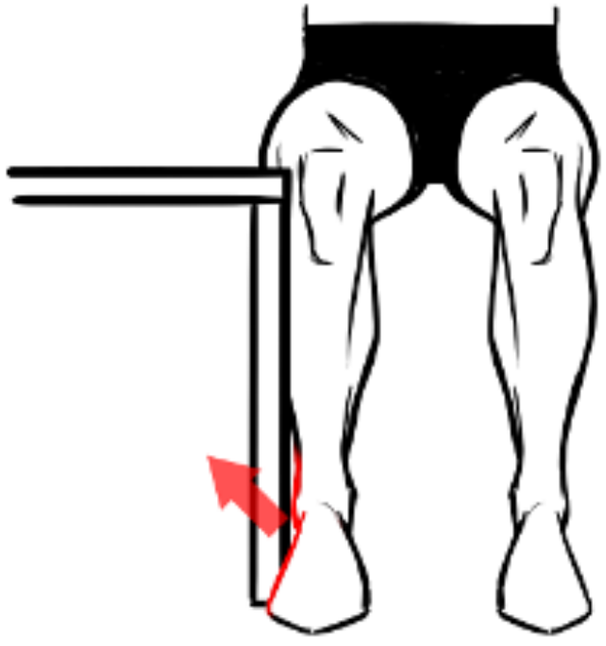
GREAT ATHLETIC TRAINING EXERCISE SERIES

1. Start by sitting with your foot flat on the floor. Push your foot outward against a wall or a piece of furniture that doesn't move (isometric). Hold for about 6 seconds, and relax. Repeat 8 to 12 times. Do the opposite and push in.
2. Banded: Sit in a chair with proper posture or you can do standing holding onto something. Attach a resistance band to a secure object, such as a bedpost. Place your foot in the loop so that the band is secured around the ball of your foot. Slowly move the foot up and in (inversion) against the resistance of the band. You can do the same type of motion with band in other direction (eversion). Slowly move the foot back to the starting position. Repeat 10 times, 2-3 sets for each leg. Hold the knee with both hands to ensure the ankle joint is isolated and there are no hip muscles involved.

Once you have sprained an ankle unfortunately you are more susceptible to sprains. This can be very problematic since lack of ankle control effects everything above it, especially the knee and hip. There is a loss in proprioception with ankle sprains, which is serious. Proprioception, otherwise known as kinesthesia, is your body's ability to sense movement, action, and location. Proprioception has an especially important role in weight-bearing joints, such as the ankle. When you sprain an ankle, proprioceptors become damaged. This impairs the body's ability to right itself, and makes it more likely you will sprain that same ankle again. What physicians often call a "floppy" or loose ankle, which results from the initial sprain, actually is a slowdown in the feedback loop between the nerves and the brain. The brain cannot react quickly enough to keep that ankle from turning again. After suffering an ankle injury and when pain allows isometric / static inversion and eversion exercises can begin, followed by dynamic strengthening exercises of inversion and eversion (which is the listed exercise). Ankle inversion and eversion exercises with the use of a resistance band strengthen the muscles surrounding the ankle joint and may aid in preventing common ankle sprains from occurring. After doing this initially it is important to include balance or proprioception exercises, as well as more functional or sports specific exercises in the training progresses (see trainer). Resisted eccentric inversion is a great exercise for rehabilitation of ankle sprains. It eccentrically strengthens the peroneal muscles so they can control excess ankle inversion. Inversion (also known as pronation) is the movement of turning the foot so that the sole faces inwards. Inversion will help with foot control. It seems that research does not speak highly on strengthening the ankle to prevent injury. Despite many PTs recommending these exercises a review suggest otherwise. A reviewers suggested the role of strengthening was to allow the joint to better withstand injurious loads; however, given the high loads associated with ankle-sprain mechanisms, strengthening of the ankle stabilizers does not seem likely to contribute to injury prevention (review). The reviewers go on to say that many prevention programs emphasize strengthening about the hip and knee joints rather than the ankle, which may place the lower extremity at decreased risk of injury are more important. Even though research does not support theses exercises after an ankle sprain many physical therapists and athletic trainers tend to recommend them. I do as well. I really do think they work. I do agree with emphasizing balance exercises, calf raises, and exercise of the hip and knee like squats and lunges and not just working these eversion and inversion exercises. I would not suggest this exercise if you are not an ankle sprain sufferer. Rather concentrate on the aforementioned exercises especially balance exercises, but if you do suffer from what some call floppy ankles then definitely incorporate these exercises.

Isometrics (start with)

Hold for about 6 seconds, and relax. Repeat 8 to 12 times.



Banded

Repeat 10 times, 2-3 sets for each leg