Anterior Ankle Mobilization

Tightly roll up a towel lengthwise (a longer towel works best). Wrap towel around front of _____ ankle as (see picture at left) and “braid” towel behind this foot. Step on towel, close to the _____ ankle with your _____ foot. Pick your front foot up and move it forward to take up the slack in front. From this position, bend the _____ ankle forward, keeping your heel down. Hold for 60 seconds then pause and push your _____ foot forward to take up any slack that has formed between the towel and your foot.

Repeat movement for _____ sets, _____ times per day/week.