

# STRENGTHENING ANKLE PLANTAR FLEXORS



## WARM UP (INCREASE LOCAL METABOLISM)

- Biking (Very little resistance ~ 90 RPM), swimming, walking...
- 10 minutes or more (until you start sweating)
- No pain

## STRENGTHENING (DEPENDING ON LEVEL)

### ISOMETRIC (NO MOVEMENT)



- Standing, knee slightly bent, ankle 90°
- Add a weight to lift a charge upon the shoulders

#### PROGRESSION (DEPENDING ON SYMPTOMS AND CAPACITY)

- Increase length  
( \_\_\_\_\_ seconds)
- Increase resistance  
( \_\_\_\_\_ % max strength)

\_\_\_\_\_ **GOAL** \_\_\_\_\_  
 \_\_\_\_\_ series of \_\_\_\_\_ seconds  
 \_\_\_\_\_ x/day

- \_\_\_\_\_ **PAIN** \_\_\_\_\_
- Not allowed
  - Allowed during exercise at level \_\_\_\_\_ /10
  - Reduced during activities post exercise

### ISOTONIC (WITH MOVEMENT)



- Foot on the floor or on a step
- Slowly lift et drop the heel

#### PROGRESSION (DEPENDING ON SYMPTOMS AND CAPACITY)

- Increase range of motion  
(descend lower than horizontal)
- Vary knee position  
(extended, flexed 15°, flexed 30°)
- Increase charge  
(backpack or free weight)
- Increase speed  
(break right before the end of movement)

\_\_\_\_\_ **GOAL** \_\_\_\_\_  
 \_\_\_\_\_ series of \_\_\_\_\_ to \_\_\_\_\_  
 répétitions, \_\_\_\_\_ x/day

- \_\_\_\_\_ **PAIN** \_\_\_\_\_
- Not allowed
  - Allowed during exercise at level \_\_\_\_\_ /10
  - Allowed after the exercise (back to N after: \_\_\_\_\_)

### FUNCTIONAL (SPORT RELATED MOVEMENT)



- Rhythmic jump (3/second)
- Knees slightly bent

#### PROGRESSION (DEPENDING ON SYMPTOMS AND CAPACITY)

- On both legs
- On one leg
- With a charge  
(free weight)

\_\_\_\_\_ **GOAL** \_\_\_\_\_  
 \_\_\_\_\_ series of \_\_\_\_\_  
 \_\_\_\_\_ x/day

- \_\_\_\_\_ **PAIN** \_\_\_\_\_
- Not allowed
  - Allowed during exercise at level \_\_\_\_\_ /10
  - Allowed after the exercise (back to N after: \_\_\_\_\_)

**STRETCHING (DEPENDING ON STIFFNESS) :**     1 x 30 s     2 x 30 s     3 x 30 s

