



***musan  
salama***

# EXERCISE PACKAGE

**PREVENTION OF ANKLE SPRAINS WITHIN MEN'S  
FOOTBALL TEAM – AN EXERCISE PACKAGE**

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Degree Programme in Physiotherapy

Part of Final Thesis

2016

## TOE REACH MOBILITY DRILL



**Starting position:** Start by standing feet shoulder width apart.

**The exercise:** Reach forward with your toes as far as you can. Then, reach to the right side at the same time leaning to the opposite side with your body. Lastly, reach to the left side at the same time leaning to the opposite side with your body. Switch legs. Do the movement 5 times in each direction. 2 sets.

**Safety:** Keep your toes and knee in a straight line.



## FOUR DIRECTION ONE LEG MINI SQUATS



**Starting position:** Start by standing feet shoulder width apart.

**The exercise:** Bend the hip and knee while pushing the buttock backwards. Continue until your knee is at 110 degrees. At the same time when performing the squat, the other leg is reaching forward. Repeat the same drill while the other leg is reaching to the right, left and back. Do the movement 3 times. 3 sets.

**Safety:** Keep your toes and knee in a straight line. Try to activate your core and keep your torso upright during the 4-mini-squat cycle.

## ONE LEG HOPS OVER THE BALL



**Starting position:** Start by standing feet shoulder width apart.

**The exercise:** Bend the hip and knee while pushing the buttock backwards. Continue until your knee is at 110 degrees. Then straighten the leg fast, jump up over the ball and land on the other side of the ball. Start by first doing lateral hops, and the forward and backward hops. Do the movement 10 times laterally and 10 times forwards and backwards. 3 sets.

**Safety:** Make sure you generate enough power and jump far enough so that you don't land on the ball.

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