

EXERCISE ankle

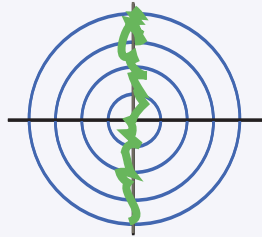
keep miniBoard stabilized while maintaining body-posture



keep the red dot at the center

all movements

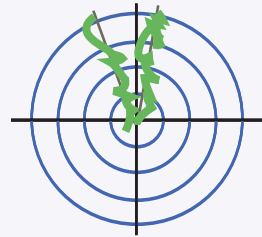
move miniBoard front-back keep body-posture while moving ankle



follow the lines as accurate as possible

plantarflexors
dorsiflexors

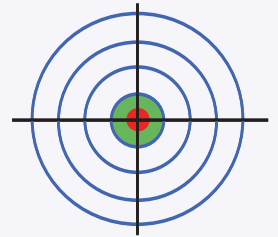
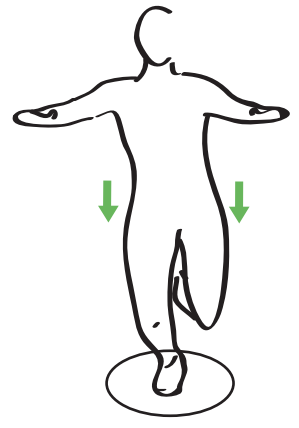
move miniBoard front left-right keep body-posture while moving ankle



follow the lines as accurate as possible

inversion
eversion

keep miniBoard stabilized while squatting



keep the red dot at the center

dorsiflexors (down)
plantarflexors (up)

Plantarflexion



m. soleus
m. gastrocnemius
m. plantaris
m. flexor hallucis

Dorsiflexion



m. tibialis anterior
m. extensor hallucis longus
m. extensor digitorum longus
m. peroneus tertius

Inversion



m. soleus
m. plantaris
m. gastrocnemius
m. flexor hallucis longus
m. flexor digitorum longus
m. tibialis posterior & anterior

Eversion



m. peroneus longus
m. peroneus brevis
m. extensor digitorum longus