

# ANKLE FLOW COOL DOWN

## BENEFITS

- Improves overall ankle mobility and balance which translates into better edge work out on the ice
- Reduces injury risk in foot, knee, and hip during hockey and dryland drills
- Your “all-in-one” answer for ankle mobility + cool down from games/workouts
- Requires no equipment at all

## ANKLE FLOW COOL DOWN ROUTINE:

**A1:** Kneeling while sitting on your heels and toes in dorsi flexion x 10 seconds

**A2:** Kneeling while sitting on your heels and toes in plantar flexion x 10 seconds

**A3:** Half kneeling ankle glide at wall stretch x 10 seconds per side

## WHAT YOU NEED TO KNOW

- This routine is ideally performed after games and/or workouts
- Perform this full circuit three times through
- Perform each exercise with excellent technique
- For the first few weeks it is ok to only perform 5 seconds of each movement as you slowly build up your mobility, technique, and stability