

ANKLE FLOW COOL DOWN #2

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: Deep squat hold x 1

A2: Move into a kneeling position in planter flexion x 1

A3: Lean back while kneeling position in planter flexion x 1

WHAT YOU NEED TO KNOW:

- This routine is ideally performed after games and/or workouts
- Perform this full circuit three to five 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