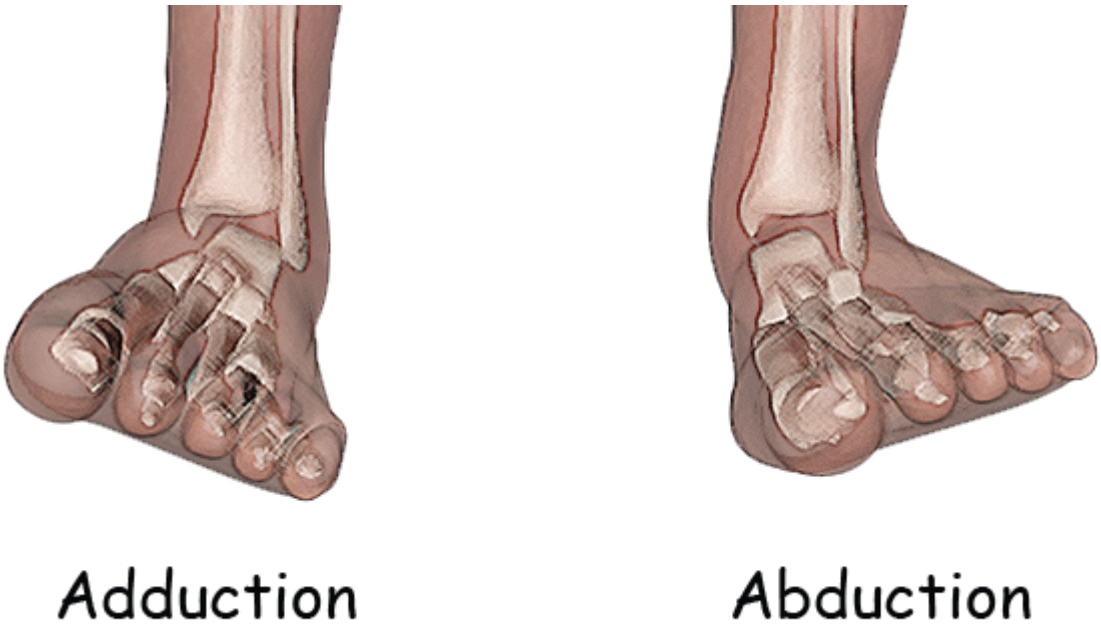
Twitter Thread by Slay Jr



Slay Jr
@ItDiscovers

Ankle joint is undertrained in a single joint means in both the frontal plane & in dorsiflexion 2 prevent lateral ankle sprains and shin splints. Single joint exercises allows you to evaluate the joint actions ROM & strength to understand injury risk & where development is needed



AJ Abduction (Cutting)

1. I pull the foot in2 dorsiflexion 2 stabilize the joint

2. I pull against the increasing tension of the band in2 abduction w/o losing dorsiflexion & also w/o externally rotating the thigh.

3. On the negative resist the bands pull eccentrically.



AJ Adduction (Cutting)

1. I pull the foot into dorsiflexion and I pull the foot into adduction against the tension of the band w/o medial rotation of the thigh.

2. I resist the negative movement of the band pulling the ankle into abduction eccentrically.

