

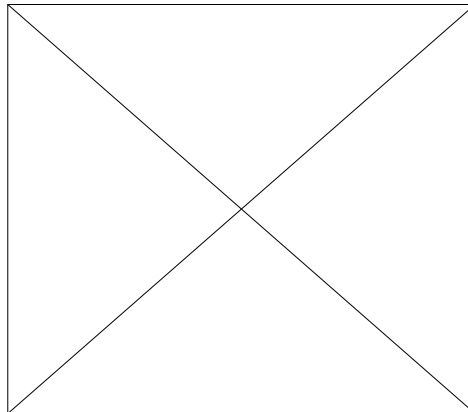
Ankle Mobility Using the Tri-Stretch

Sean Hayes - Asst. Strength Coach Buffalo Bills

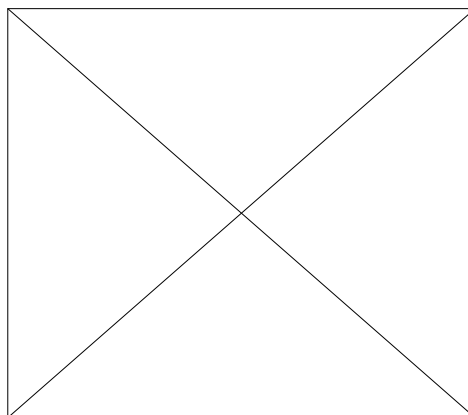
The Tri-Stretch is a great way to get tri-planar mobility exercises for the ankle. It allows the interaction of the joint and muscles in all 3 planes of movement (Frontal, Sagittal, and Transverse). By working the ankle joint in the 3 planes of motion we are trying to replicate the manner in which the athlete moves.

Just as Mike Boyle talks about in his article "[Joint by Joint Approach To Training](#)", the ankle is supposed to be a mobile joint so the knee can remain a stable joint. Ankle mobility is a very important part of a workout in trying to decrease injuries. I like to incorporate ankle mobility in the movement prep of the workout to see immediate carry over to the workout. Here are four exercises for the Tri-Stretch that I like to use.

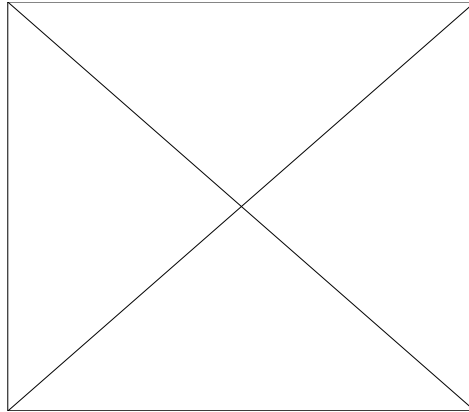
Ankle Rock: start by bending your knee and pushing it down and forward, while maintaining heel contact in the heel cup. Place opposite foot ahead of working ankle, and rock ankle side to side on device. Over time work on building up the range of motion in the ankle by trying to touch the floor with each side.



Leg Swing Across Body: start with a bent knee pushing it down and forward. Try to maintain your knee bend throughout the exercise while swinging your opposing leg back and forth in front of the body. Make sure to maintain heel contact in the heel cup throughout the range of motion. Over time work on building up the range of motion in the ankle by trying to touch the floor with each side.



High Knee Across Body: start by bending your knee and pushing it down and forward, try to maintain knee bend throughout the exercise, then open up your hip and reach back with the non contact leg and drive knee up and across the body. Make sure to maintain heel contact in the heel cup throughout the range of motion. Over time work on building up the range of motion in the ankle by trying to touch the floor with each side.



Running Man: start by standing with the working leg on the Tri-stretch. Drop both hips down while pushing your working knee down and forward, to perform the movement mimic a running motion. Make this a multi use exercise by working on ankle mobility and stability, also working on knee and hip stability. Make sure to maintain heel contact in the heel cup throughout the range of motion. Over time work on perfecting balance and avoid the sides of the Tri-Stretch touching the floor.

