

Ankle Dorsiflexion Exercises



While kneeling next to a wall, place the front foot a fist-distance away from the wall. Slowly lean your whole body forward trying to touch the knee to the wall. The heel should stay on the ground the entire time, if it comes off, then scoot the foot a little closer to the wall. Each time work farther to gain more ankle dorsiflexion.

You may feel a pinch in the front of the ankle or a stretch of the calf muscle, this will get easier as you do more and gain more motion.



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