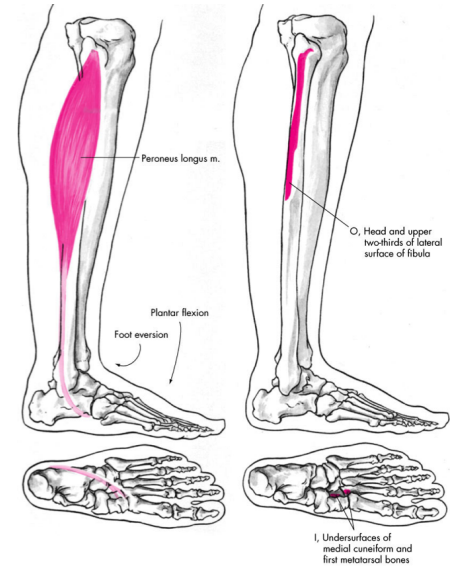


## Ankle Proprioception

- **Proprioception** is our sense of where our body parts are relative to our surroundings and relative to each other
- **Proprioceptors** are located in muscles, tendons and ligaments and they fire when these tissues are **stretched**
- **In response**, your body activates the **muscles** that counteract that stretch to **protect** you from **acute** injuries such as rolling your ankle, twisting your knee, etc.
- If you lack ankle strength, your body resorts to other strategies to stabilize you; this pattern can lead to **overuse** injuries of the legs, hips and back
- So...
  - 1) You need good proprioception to alert your body to any errant movement
  - 2) You need good ankle strength to correct the problem



**Good ankle proprioception and strength can help prevent acute and overuse running injuries.**

## Home Ankle Drills: Strength and Proprioception

### Single Leg Balance

Aim to hold your balance for 1 minute at a time and accumulate 16 minutes total per day (8 minutes per leg)

1) Flat balance: mix and match these proprioception challenges (barefoot and in running shoes):

Balance Leg	Eyes/Head	Limbs and Trunk
Straight leg	Eyes open and fixed	Limbs still
Bent leg	Eyes open and head moving	Both arms swinging
Moving between bent and straight leg	Eyes closed	One arm swinging
	Eyes closed and head moving	Leg swinging
		Trunk moving

2) Unsteady surface balance: stand on one foot on a couch cushion and in a slow and controlled manner shift your weight to different sides of your foot and recover

## Pre-run Foot Drills: Proprioception

### Fingers Between Toes



### Touch

“Wake up” your foot sensation with stimuli to your feet and ankles → tapping, stroking, rubbing, etc.

### Inch Worm

Walk your foot like an inchworm along the ground → heel towards toes, toes away from heel; repeat 2 sets of 8 reps on each foot

Follow with your regular dynamic warm-up.