ULTIMATE FOOT, CALF & ANKLE GUIDE FOR SKATEBOARDERS



SS
SKATEBOARD
STRENGTH

Introduction

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Ankle injuries seems to be the one injury no skater can avoid. Popping, pushing, landing and even something as simple as steering your board places a huge demand on the foot, calf and ankle complex and, as a result, most skaters will at some point report an injury in the area.

This guide was created as your one-stop-shop to, not only fixing your foot calf and ankle injuries, but also to create the kind of strength and stability that will give you the best chance of avoiding reinjury.

Whether it be an ankle roll, hot pockets or general stiffness this complete guide has got you covered to get you back on the board and have those feet, calves and ankles feeling the best they ever have, unlocking a new realm of performance.



How to use this program

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This guide can either be used as a stand-alone guide or together with another program such as the Skateboard Strength program.

It has been designed in two sections:

- **Program 1**: Post-Injury or Roll: if you have just injured your ankle and are currently in pain.
- **Program 2**: Reintegration Back to Skating: if your injury isn't fresh , you have no swelling or you are dealing with an overuse injury such as hot pockets or achilles tendonitis.

Each program has a short video about what to expect, as well as helpful tips to maximise results. The programs are separated into different phases for ease of use. The mobility and stretching exercises will remain relatively similar across both programs. What changes is the difficulty and progression of the exercises.

Start at the first phase, making sure you have the strength to complete the day, hitting the required rep and sets before moving on to the next one. When you get to a phase you find challenging and cannot complete the reps given for the strength exercises due to pain or lack of strength, this is where you pause. You have now found the phase you will perform until you can hit the rep ranges given. Once you have you simply move on to the next phase.

If you are new to reading programs take a second to watch this video taken from the skateboard strength fundamentals program where I take you through the process..



Ankle Injuries Explained – The Low Down

There are two major types of ankle injuries skaters tend to face:

Sprains

Usually out of our control and can't be helped and comes in the form of rolling the ankle past its intended range of motion. This is called an ankle sprain and it will usually occur in two ways:

1. **Inversion sprain**: the most common of the two and most common for skaters, occurs with the outward rolling of the ankle. Think outside ankle bone moving towards the ground.
2. **Eversion sprain**: not as common but sometimes the ankle will roll inwards causing an injury.

Both result in tearing and overstretching the ligaments of the ankle.

Ankle sprains are broken up in to 3 categories in order to grade severity of damage:

- **Grade 1**: This is very mild and no disability occurs. It is a minor sprain of one or more ligaments with no tearing.
- **Grade 2**: This is a moderate injury that will cause discomfort. It occurs when there is a partial tear of one or more of the ligaments. Walking and daily activities will be difficult and there will often be a substantial amount of swelling and bruising.
- **Grade 3**: This is a severe injury that will cause a lot of discomfort and pain. It occurs when there is a complete tear of one or more of the ligaments. Walking will seem unbearable and a popping sound can often be heard at time of injury. Seek medical advice immediately.



Overuse Injuries

The second type of ankle injury skaters tend to face is what we call overuse injuries. Skating is brutal on our ankles and, through simple things like pushing, popping and landing tricks, our ankles are often called upon to perform above and beyond their capabilities in awkward positions that breed disfunction.

What usually results are overuse injuries that build over time. The most common within the skate community is what's known as anterior ankle impingement or "hot pockets". This is where the skater experiences a pinching feeling at the front of their ankles often due to a lack of control/ strength at the ankle joint or bad mechanics, causing a degenerative change in the bony structure of the ankle.

The second most common overuse injury is Achilles' tendonitis, again due to an overuse of the tendons and ligaments beyond their capabilities.

The good news is that both overuse injuries and ankle sprains can be approached with similar rehab exercises to get the ankle out of pain and, most importantly, keep it that way.



One Program to Rule Them All



With such varying degrees of foot, calf and ankle injury a skater can suffer from it is easy to think that each one needs a different approach. This leads to confusion amongst skaters in knowing which treatment path to follow but also fails to recognise that these injuries and solutions often interrelate. In fact, simply treating the direct site of injury and failing to take in the whole foot, calf and ankle complex will often just see a failure in recovery of injury. This program works by treating the foot calf and ankle complex as a whole. With a smart selection of exercises we can begin to not only fix the current issue but also begin to lay the ground work around the supporting muscles and structure that will help fight against suffering from further issues as well as other common issues skaters face in the area. This is why it's different to what's already out there. This is why it's all you'll need.

The concept around returning from all injuries will always stay the same:

Mobility, Stability, Strength

This 3-stage approach is the basis for recovery of any injury. Miss one and the chances of recovery often sees the skater spinning their wheels in frustration, but combine all 3 in a harmonious environment to see a fast progression out of pain and increased resilience to future injury. Let's explore each stage:

- **Mobility** – Restoring range of motion to the muscle or joint of the affected area. In this case the ankle.
- **Stability** – Teaching the body how to move effectively through the new range, with controlled movements.
- **Strength** – Safeguarding against returning ankle injuries by building strength in supporting muscles and repairing torn and overused muscle tissue.

The only significant difference between recovering from an ankle sprain or an overuse injury is in the initial stage after the sprain, after that the same program can be done for both injuries. So, if you are just coming off a fresh sprain and still hurting then **start at PROGRAM 1**.

If not, **skip forward to PROGRAM 2**. It is also important to note that if you are suffering from an overuse injury such as hot pockets it will require some time off the board in order to allow for the swelling to reduce as well as giving the program a chance to take its course.



Program 1: Post Injury or Roll

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This program can be completed every day to maximise results post-injury. What's more important, is to work to your capabilities and not try to push through pain. As the swelling starts to calm down and pain subsides, you will see faster progressions leading you to the next program or phase.

Phase 1

Order	Exercise	Sets	Reps	Rest
A	Foam Roller Calves	1	2-3 mins	-
B	Ankle Mob	1	1 min hold	-
C	Calf Stretch			-
D	Runners Pose Hold	3	20-40 secs	-
E	Alphabets	3	work to fatigue sets in and swap	-
F	Calf Raises: 2 leg	3 rounds	15 reps	-

Phase 2

Order	Exercise	Sets	Reps	Rest
A	Foam Roller Calves	1	2-3 mins	-
B	Ankle Mob	1	1 min hold	-
C	Calf Stretch			-
D	Runners Pose Hold	3	20-40 secs	-
E	Alphabets	3	work to fatigue sets in and swap	-
F	Calf Raises: 2 up 1 down	3 rounds	15 reps	-

Program 1: Post Injury or Roll

Phase 3

Order	Exercise	Sets	Reps	Rest
A	Foam Roller Calves	1	2-3 mins	-
B	Ankle Mob	1	1 min hold	-
C	Calf Stretch			-
D	Runners Pose Hold	3	20-40 secs	-
E	Alphabets	3	work to fatigue sets in and swap	-
F	Calf Raises: Single Leg	3 rounds	15 reps	-



Program 2: Reintegration Back into Skating

▶ CLICK HERE *Reintegration back into skating*

▶ CLICK HERE *Dealing with hot pockets*

This next phase sees a step-up in the strength and proprioception (balance) exercises to really begin to test the ankles and maximise strength and potential for skating.

Unlike the previous program, this one calls for a rest day in-between your sessions. Whilst you still need to be able to hit the required sets and reps before moving on, each phase should be done a minimum number of times before moving on; this will be in the instructions above each phase.

For those suffering from hot pockets or ankle mobility related injuries I have included a bonus video which breaks down what I believe to be the crucial element where most foot, calf and ankle rehab programs given to skaters go wrong and aim to give an education around the issues that will actually see you recover.

Phase 1: Minimum of 1 session before moving on

Order	Exercise	Sets	Reps	Rest
A	Mobility Ball: Feet	1	2-3 mins	-
B	Foam Roller Calves	1	2-3 mins	-
C	Ankle Mob	1	2-3 mins	-
D	SB Toe Touches: Side On (board stays flat)	3	3 circles	-
E	SB Toe Touches: Front On (board stays flat)	3	3 circles	-
F	Band Flicks	3 rounds	8-10 reps	-
G	Calf Raise: 2up 1down	3 rounds	8-10 reps	

Phase 2: Minimum of 2 sessions before moving on

Order	Exercise	Sets	Reps	Rest
A	Mobility Ball: Feet	1	2-3 mins	-
B	Foam Roller Calves	1	2-3 mins	-
C	Ankle Mob	1	2-3 mins	-
D	SB Toe Touches: Side On (board stays flat)	3	3 circles	-
E	SB Toe Touches: Front On (board stays flat)	3	3 circles	-
F	Band Flicks	3 rounds	8-10 reps	-
G	Calf Raise: Single Leg	3 rounds	8-10 reps	

Program 2: Reintegration Back into Skating

Phase 3: Minimum of 2 sessions before moving on

Order	Exercise	Sets	Reps	Rest
A	Mobility Ball: Feet	1	2-3 mins	-
B	Foam Roller Calves	1	2-3 mins	-
C	Ankle Mob	1	2-3 mins	-
D	SB Toe Touches: Side On (board tipping)	2	2 circles	-
E	SB Toe Touches: Forward Knee	2	2 circles	30 secs
F	FR Heel Pulse	3	10-20 pulses	30 secs
G	Tib Anterior Raise	3 rounds	8-10 reps	30 secs
H	Calf Raise: Split Stance	3 rounds	8-10 reps	30 secs
I	Pogo Jumps	3 rounds	30 reps	30 secs

Phase 4: Hold for minimum of 4 sessions

Order	Exercise	Sets	Reps	Rest
A	Mobility Ball: Feet	1	2-3 mins	-
B	Foam Roller Calves	1	2-3 mins	-
C	Ankle Mob	1	2-3 mins	-
D	SB Toe Touches: Side On (board tipping)	2	2 circles	-
E	SB Toe Touches: Forward Knee	2	2 circles	30 secs
F	FR Heel Pulse	3	10-20 pulses	30 secs
G	Tib Anterior Raise	3 rounds	8-10 reps	30 secs
H	Calf Raise: Split Stance	3 rounds	8-10 reps	30 secs
I	Pogo Jumps	3 rounds	30 reps	30 secs
J	Lateral Hops	3 rounds	30 reps	30 secs

Taping the Ankle

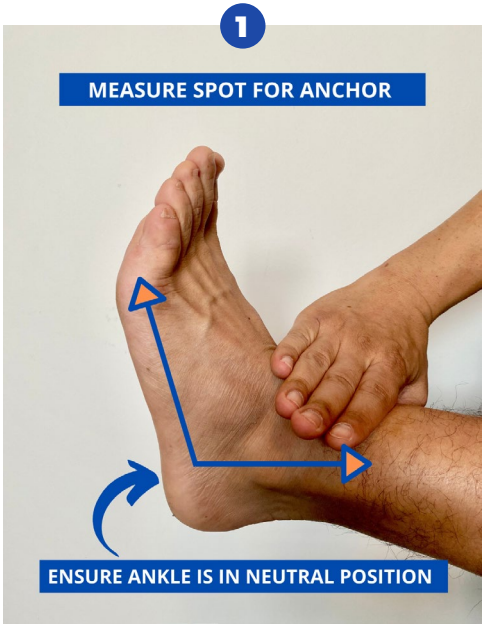
▶ **CLICK HERE**

When you return to skating post-ankle roll injury, it is highly recommended you tape your ankle for the first few sessions back. This will allow you to get feedback of when your ankle is heading into a bad position and also allows you to expose the ankle to the forces placed on it when skating whilst giving it some support. Most importantly it allows you to protect it from potential re-injury which is highly probable post-injury.

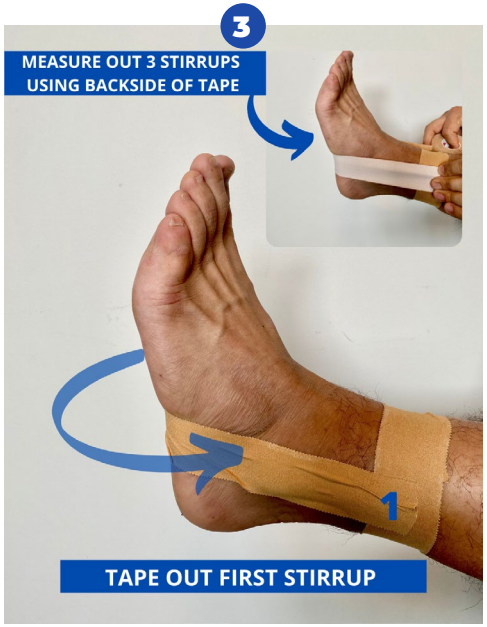
This video will show you how to tape your ankle to go for a skate. The infographic allows you to save the process to your phone for quick reference.

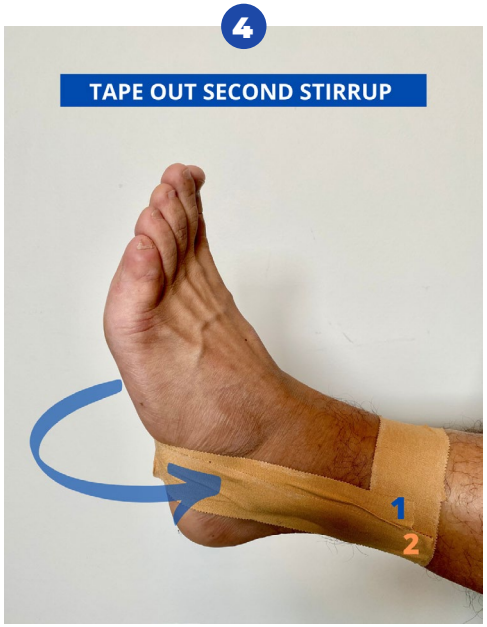




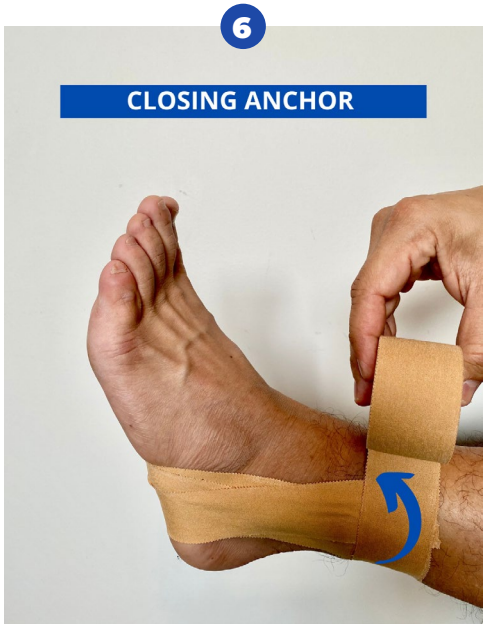

1
MEASURE SPOT FOR ANCHOR
ENSURE ANKLE IS IN NEUTRAL POSITION


2
TAPE OUT FIRST ANCHOR


3
MEASURE OUT 3 STIRRUPS
USING BACKSIDE OF TAPE
1
TAPE OUT FIRST STIRRUP


4
TAPE OUT SECOND STIRRUP
1
2


5
TAPE OUT THIRD STIRRUP
3
1
2


6
CLOSING ANCHOR



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