

Ankle Tight? What to Do

The main thing hindering squatting is tight ankles!

Do you feel pinch on front of ankle vs tightness in back?

1. If you feel pinch

- a. Take a 2.5 to 3 inch band and attach it to the wall or doorway. Then, loop around your ankle above the ankle bones. The talus bone glides under when you bend forward and get tension on the band. You can also add weight on top of the knee while stretching. Test and retest to see if helps.



Test: Stand 5 inches from the wall. You should be able to keep your heel on the ground while touching the wall with your knee.



2. If you feel tightness in the back of the ankle, stretch the back of the ankle by placing your foot on the chair. Grab the seat pan or push down on your knee with your arm or elbow. (30-60 seconds)



3. For tightness in the back of ankle, do a prolonged squat while leaning against the wall. You may use weight. I like Kettlebell.

