



BODY ARMOUR ANKLE

HOW DO YOUR ANKLES MEASURE UP?

- SL CALF RAISE X 25
- Y BALANCE TEST L = R
- SL CMJ L = R (MIN 10% DIFF)
- LATERAL HOP TEST L = R (MIN 10% DIFF)
- SL SEATED CALF RAISE 3 X 8 REPS (BW*)
- SL CALF RAISES 3 X 8 REPS (40% BW*)

• denotes additional external load

SEE REHAB STAFF FOR TESTING