

**WARM UPS**

# **RAMP** (Mobilisation – Ankle Rotation)

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- **Description**
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- **Areas of the Body Targeted**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

Now we're going to look at the ankle.

For this movement we're going to do an ankle rotation.

What I'd like the client to do is step their feet closer together and then they're going to take one foot off the floor and exaggerate the pointing of their toe. I'd like them to rotate the foot in one direction. And after five reps rotate the other way.

When they are ready, try to make sure that the client isolates the ankle as best as possible. I'm going to support the knee here and make sure that we're isolating that ankle position. I'll continue to hold it so that we get as much movement through that ankle as possible.

And relax there.

And of course, we'll do the same on the other side and rotate the other way.

And relax there.



# Areas of the Body Targeted

- Ankle
- Foot
- Lower Leg

