

MiniBoard

Exercise sheet - Ankle

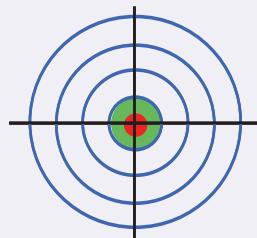
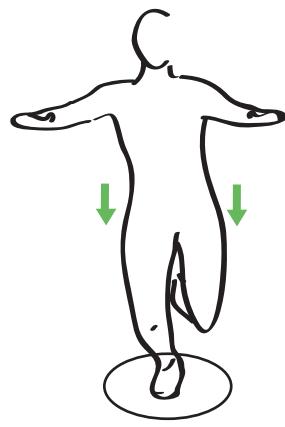
EN

STABILITY ANKLE | Range Settings 10 °

keep miniBoard stabilized while maintaining body-posture

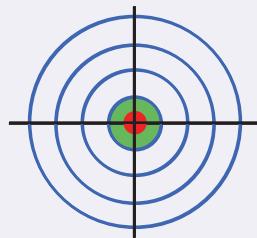


keep miniBoard stabilized while squatting



keep the red dot at the center

all movements

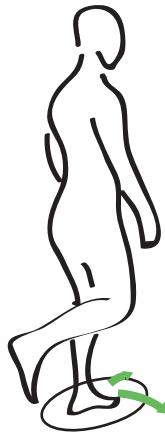


keep the red dot at the center

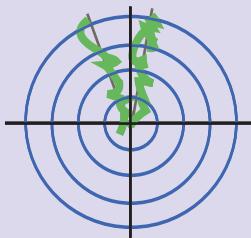
**dorsiflexors (down)
plantarflexors (up)**

MOBILITY ANKLE | Range Settings 20 °

move miniBoard front left-right
keep body-posture while moving ankle

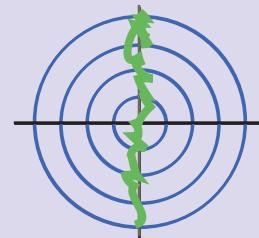


move miniBoard front-back
keep body-posture while moving ankle



follow the lines as accurate as possible

**inversion
eversion**



follow the lines as accurate as possible

**plantarflexors
dorsiflexors**

Plantarflexion



m. soleus
m. gastrocnemius
m. plantaris
m. flexor hallucis

Eversion



m. peroneus longus
m. peroneus brevis
m. extensor digitorum longus

Inversion



m. soleus
m. plantaris
m. gastrocnemius
m. flexor hallucis longus
m. flexor digitorum longus
m. tibialis posterior & anterior
m. extensor digitorum longus

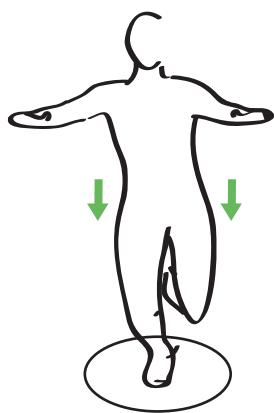
Dorsiflexion



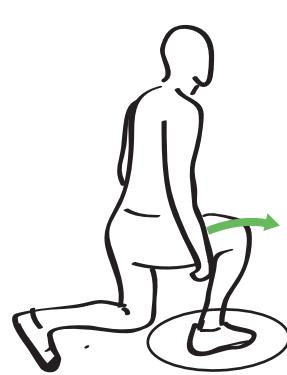
m. tibialis anterior
m. extensor hallucis longus
m. extensor digitorum longus
m. peroneus tertius

STABILITY KNEE | Range Settings 10 °

keep miniBoard stabilized while squatting

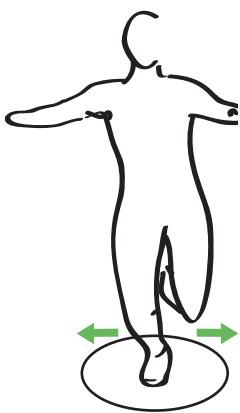


move knee forward
keep miniBoard stabilized

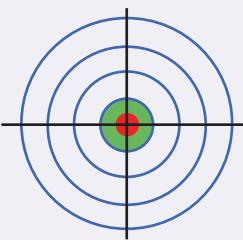
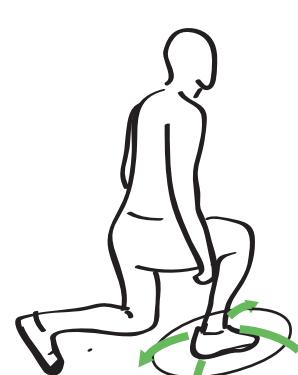


MOBILITY KNEE | Range Settings 20 °

add pressure on either left or right side of knee

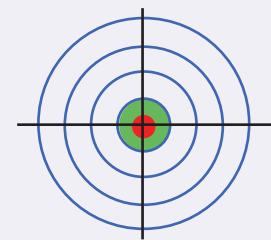


move miniBoard
keep body-posture



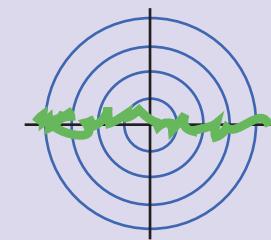
keep the red dot at the center

all movements



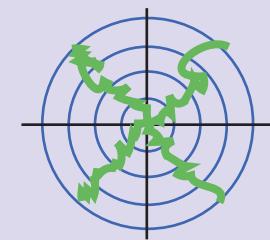
keep the red dot at the center

hip extensors
knee extension



follow the line as accurate as possible

knee extensors:
vastus lateralis
vastus medialis



follow the lines as accurate as possible

knee extensors
core stabilizers

Core stabilizing



m. transversus abdominis
m. multifidus

Knee flexion



m. semimembranosus
m. semimembranosus
m. biceps femoris

Hip extension



m. gluteus maximus
m. gluteus minimus

Knee extension



m. rectus femoris
m. vastus lateralis
m. vastus medialis
m. vastus intermedius