



Sports Medicine: High School Programs Ankle Plyometrics and Agility Program

Ankle injury prevention program designed to increase ankle strength and proprioception for athletes of all ages and abilities. Techniques for both ankle sprain prevention and re-injury avoidance are provided and reinforced.

Program Objectives

- Improve ankle proprioception
- Increase ankle strength
- Increase athlete's knowledge of ankle anatomy and function
- First-aid instruction on common ankle injuries

Program Focus

- Provide aggressive ankle and leg plyometric strengthening exercise to improve ankle stability
- Educate athlete on ankle anatomy and function
- Instruct on ankle first-aid

Program Provides

- Six one-hour sessions over two weeks

For more information contact:

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