

FLAMINGO DIPS SS03

ankle dorsiflexion

DIRECTIONS

Same directions as #26 QUAD DIPS with 2 exceptions:

- Perform on only one leg.
- Dip the knee down – but then stand it back up.

Repeat 6-8 times per leg.

IMAGERY

Flamingos practice standing on one leg.

Grounding to The Earth

Foot – Earth Connection

BENEFITS

This exercise is a continuation of QUAD DIPS. The principle of ankle dorsiflexion is the common element in each exercise. Dorsiflexion is the movement which decreases the angle between the leg and the foot, so that the toes are brought closer to the shins.

Ankle dorsiflexion is necessary for the proper execution of many basic human movements including squatting, running, walking, and jumping. Even minor tasks such as sitting and standing from a chair or walking up and down stairs require adequate dorsiflexion of the ankle.

Restricted dorsiflexion can lead to different types of lower kinetic chain problems such as ACL tears or falls in the elderly. Improving ankle mobility may be a key factor in reducing ACL injuries and preventing falls in the elderly.