

Biomechanics of Sports

Ankle Mobility

April 17, 2020



Lesson: April 17, 2020

Objective/Learning Target:

The student will be able to have a general understanding of the importance of ankle mobility and lower body movement.



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Instructions

Watch the video and then answer the follow-up questions.



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Background

The ability to identify if a client has poor ankle mobility is important in progressing and improving overall movement in the human body. Every coach/trainer/or physical therapist needs to be able to accurately prescribe in order progress the client.



Questions

1. How does ankle mobility play a role in the ability to squat properly?
2. When an individual has poor ankle mobility, what large muscle group would they most likely struggle to activate during posterior chain movements?
3. How can the preconceived notion of poor core strength and poor ankle mobility be confused? Why would one pattern yield potentially two different core problems?



Email your discussion questions to the following instructors:

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