



Ankle Foot maXimizer

ANKLE SPRAIN PREVENTION PROGRAM

An ankle sprain is an injury to one or more ligaments around the ankle joint. Ligaments help to stabilize the joint by preventing excessive movement. When an ankle sprain happens, the ligament is stretched too far, and is either partially or completely torn. AFX enables you to strengthen the muscles and tendons of the foot and ankle that support the ligaments, which helps to improve overall ankle stability and reduce the risk of ankle sprains.

PRECAUTIONS

- If you have an existing injury of the foot or ankle, you must consult with a qualified healthcare practitioner before beginning this program.
- If any sudden pain or discomfort is experienced during the program, stop immediately and consult a qualified healthcare practitioner.
- Ensure at least 48 hours recovery between exercise sessions and gradually increase the number of sets and repetitions.

TRAINING PROGRAM

3 sessions per week

Week 1: Intro

- 1 set of 10 foot circles clockwise and 1 set of 10 counter-clockwise.
- 1 set of 8 to 12 reps of each strengthening exercise (refer to Guideline 3 below).

Week 2: Adaptation

- 2 sets of 10 foot circles clockwise and 2 sets of 10 counter-clockwise.
- 2 sets of 8 to 12 reps of each strengthening exercise (refer to Guideline 3 below).

Weeks 3 to 7: Strength and Proprioceptive Phase

- 2 to 3 sets of 8 to 12 reps of each strengthening exercise (refer to Guideline 4 below). Only progress to 3 sets of each exercise if your feet and lower legs do not feel overly fatigued during activity the day following exercise.

Optional: Include eccentric loading for all strengthening exercises shown below, with the exception of the Combined Movements.

1 set of proprioception exercises:

- a. With your eyes open, simulate writing the alphabet with your toes, beginning with 'A' and working up to 'Z'. Perform each movement slowly. Repeat with the opposite foot.
- b. When you are able to perform the entire alphabet with your eyes open, attempt to repeat the alphabet with your eyes closed.

Weeks 8 to 12: Muscular Endurance Phase

- Begin with 1 or 2 sets of 15 to 20 repetitions for each exercise, progressing to 3 sets of 15 to 20 repetitions.
- When you can perform 3 complete sets of 20 repetitions, increase the resistance and return to 3 sets of 15 repetitions.
- Progress again to 3 sets of 20 repetitions and increase resistance using the process outlined above.
- If a plateau is reached, reduce the resistance level and perform 1 set of each exercise to exhaustion. When 50 repetitions can be performed, increase the resistance level and repeat this cycle.

MAINTENANCE PROGRAM: After completing the training program, it is recommended that you follow the program below for a minimum of 2 sessions per week.

Each session includes:

- 1 set of 8 to 12 reps for each exercise including stretching and eccentric loading (optional)
- 1 set of 15 to 20 reps for each exercise

GUIDELINES

1. Please refer to the AFX Instruction Manual or Poster for more information regarding device set-up and directions for use.
2. Perform the strengthening exercises in the order shown.
3. Weeks 1 to 7: when 12 repetitions can be performed through a full range of motion, increase the resistance so that you are able to perform at least 8 repetitions. Work your way back up to 12 reps and repeat this cycle. Note: for more details on increasing resistance, refer to AFX Instructional DVD or the AFX poster.
4. Weeks 3 to 7: when you can perform 2 or 3 sets of 12 repetitions for all strengthening exercises, increase to the next resistance level.
5. In addition to training with the AFX, complementary weight-bearing exercises such as the Bosu Balance Trainer and wobble board can also be performed.

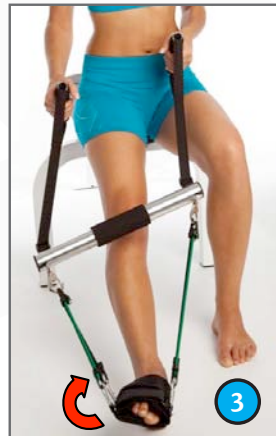
EXERCISES



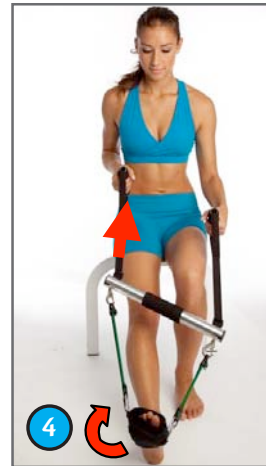
Foot Circles



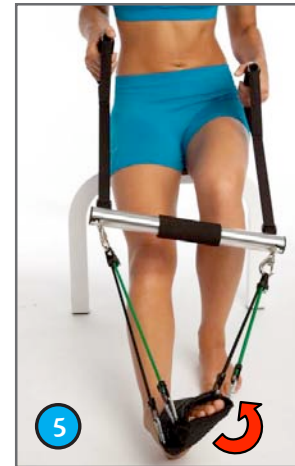
Stretch Evertors



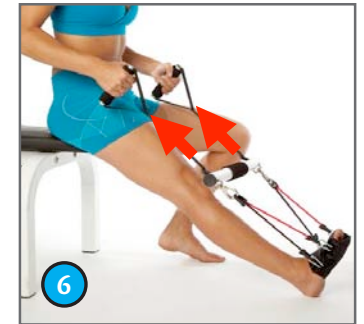
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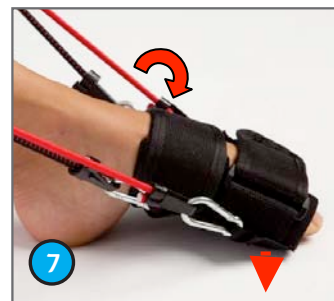
Stretch Invertors



Inversion



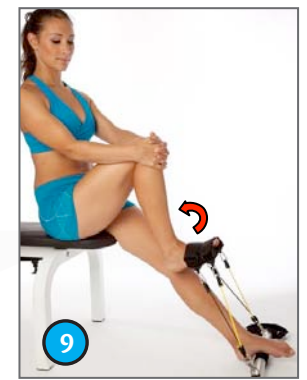
Stretch Plantar/Toe Flexors



Plantarflexion and Toe Flexion



Stretch Dorsiflexors



Dorsiflexion and Toe Extension



Alphabet

Combined Movements

Please refer to the Ankle Sprain video for an illustration of the combined movements.

For more information visit: www.afx-online.com