

**The Be Simply Fit™**  
**Strength Plan For Your Ankles (4 weeks)**  
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**Be Simply Fit, LLC**

## Weekly schedule

- **3 days/week** (ex: Mon/Wed/Fri)
  - 15–20 minutes per session
  - Do this **barefoot or in flat shoes** (avoid squishy sneakers while training control)
- 

## Warm-Up (2–3 minutes)

### 1) Ankle Pumps + Circles

**2 x 20 pumps + 10 circles each direction**

Side view:

```
Shin
  |
  |   ↑ dorsiflex (toes up)
  |  /
[ ]---/----- Foot
      ↓ plantarflex (toes down)
```

**Cue:** Slow and smooth—no snapping.

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## Strength Block (Pick all 6 exercises)

### 1) Isometric Calf Raise Hold (Top Position)

**2–3 sets x 20–40 sec**

Wall support:

```
  O
 /|\   hands on wall
 / \
```

Heels lift:

```
|  |  |
|  ↑  ↑  | ← heels up, weight on big toe + 2nd toe
|  |  |
```

**Cue:** “Press the floor away. Don’t roll to the pinky toes.”

**Progress:** hold longer → do it on one leg.

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## 2) Slow Calf Raises (Straight Knee = Gastroc focus)

**3 sets x 8–12 reps** (3 seconds up, 3 seconds down)

Straight knee:

```
  O
 /|\
  |      ↑ rise
 / \     ↓ lower slowly
```

**Form:** Knees straight (not locked), ribcage stacked over hips.

**Progress:** add backpack/dumbbell.

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## 3) Bent-Knee Calf Raises (Soleus = talocrural “control muscle”)

**3 sets x 10–15 reps**

Bent knee:

```
  O
 /|\
 / \  ← knees slightly bent
  ↑    heels rise, stay quiet & controlled
```

**Why it matters:** The **soleus** is huge for ankle stability during walking, stairs, and “catching yourself” to prevent falls.

**Progress:** single-leg or add load.

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## 4) Tibialis Anterior Raises (Toes Up / “Shin Strength”)

**2–3 sets x 12–20 reps**

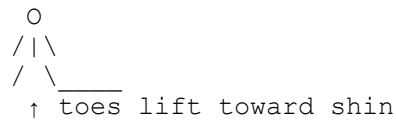
**Option A: Wall-supported heel walk**

Back to wall:

```
  O
 /|\
 / \  toes up, heels down
  ↑ ↑  lift forefoot repeatedly
```

**Option B: Seated toe raises**

Seated:



**Cue:** Keep heels planted; lift toes high without twisting.

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## 5) Banded Dorsiflexion (Pull toes toward shin)

**2–3 sets x 10–15 reps/side**

Band anchored in front:

[ANCHOR]====(band)====[FOOT]

Pull toes toward shin:

↑↑↑  
[FOOT]

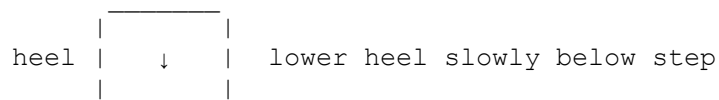
**Cue:** Move only at the ankle hinge; knee stays still.

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## 6) Eccentric Heel Drops (Step) — the “bulletproof” move

**2–3 sets x 6–10 reps/side** (3–5 sec lowering)

On a step (edge):



**How:** Rise up with both feet → shift to one foot → lower slowly on one foot.

**Cue:** Keep heel tracking straight down—no ankle wobble.

**Progress:** add load, slower lowering, more reps.

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## Optional Finisher (Highly recommended): “Knee-to-Wall” Loaded Hinge

This builds **usable dorsiflexion strength** (shin over foot) without cheating.

**2 sets x 8 reps/side (slow)**

Wall

```
| <- knee taps wall
|   o
|  /|\
|  /\
| [foot flat]
|
```

Arrow: knee goes forward over 2nd/3rd toe → (no heel lift)

**Cue:** Heel stays down. Knee tracks over toes, not collapsing inward.

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## Progression rules (simple)

- If a set feels **easy** and form is clean: add **2 reps** next time or add **a little load**.
  - If you feel **pinchy pain in the front of the ankle**, shorten range slightly and emphasize slow control.
  - If Achilles gets cranky: do more **isometrics** and **bent-knee raises**, fewer step drops for a week.
- 

## Quick “Client-Friendly” checklist (use this every session)

- ☐ Tripod foot: **big toe / little toe / heel**
  - ☐ Knee tracks over **2nd–3rd toe**
  - ☐ Slow tempo (control > speed)
  - ☐ No wobble at the ankle “hinge”
  - ☐ Mild muscle burn is fine; sharp joint pain is not
- 

## Want it even more “illustrated”?

Tell me what format you want and I’ll output it that way:

- **1-page printable handout** (client-ready)
- **3-page mini-ebook** with bigger diagrams

- **Senior-friendly version** (55+) with easier regressions and balance support options

And if you tell me whether this is for **rehab post-sprain**, **general stability**, or **performance**, I'll tune the sets/ reps and exercise choices accordingly.

yes more illustration

Absolutely — here's a **more illustrated, client-friendly talocrural (ankle hinge) strengthening program** with bigger visuals and clear “what you should see” cues.

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# Talocrural Joint Strength Program (Illustrated)

3 days/week • 15–20 minutes • 4 weeks

## What you need

- Resistance band
- Wall/chair
- Step (or thick book)
- Optional: backpack/dumbbell

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## The ankle we're training (talocrural “hinge”)

**Your shin bone moves over the foot (dorsiflexion) and away from it (plantarflexion).**

SIDE VIEW (hinge motion)

```

Shin
|
|      ↘ (shin moves forward over foot = dorsiflexion)
|      \
[ ]-----\____ Foot stays planted
  
```

```

Shin
|
|      (toes point down = plantarflexion)
|
[ ]_____ \____ Foot
  
```

**Goal:** stronger hinge + better control = more stable walking, stairs, balance.

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## Warm-Up (2–3 minutes)

### A) Ankle Pumps (toes up / down)

**2 x 20**

TOES UP (dorsiflex)

Shin

|

[ ] \_\_\_\_ ↑ \_\_\_\_ Foot

TOES DOWN (plantarflex)

Shin

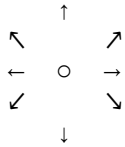
|

[ ] \_\_\_\_ ↓ \_\_\_\_ Foot

### B) Ankle Circles

**10 each direction**

Imagine drawing a circle with your toes:



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## Strength Block (Do all 6)

### 1) Calf Raise Isometric Hold (Top Position)

**2–3 sets • 20–40 seconds**

**What it looks like:**

WALL	Body	FEET	
	○		
	/ \	↑   ↑	heels lifted
	/ \	_____	

**Coaching cues:**

- “Tall posture”
- “Press through big toe + 2nd toe”
- Don’t roll outward onto pinky toes

**Progress:** do it **one-leg**.

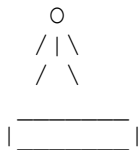
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## 2) Slow Calf Raises (Straight Knee)

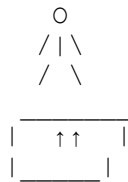
**3 sets • 8–12 reps**

**Tempo: 3 sec up / 3 sec down**

START (heels down)



END (heels up)



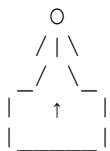
**You should see:** heels go straight up and down (no wobble).

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## 3) Bent-Knee Calf Raises (Soleus Focus)

**3 sets • 10–15 reps**

Slight knee bend = more soleus



knees soft  
heels rise under control

**Why it matters:** soleus helps you **stay steady** during walking and balance reactions.

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## 4) Tibialis Anterior Raises (Shin Strength)

Pick one:

**Option A: Wall Toe Raises (heels stay down)**



## 2–3 sets • 12–20

Back to wall

|     O  
|   /|\  
|   / \\  
|   ↑ ↑        toes lift, heels stay planted  
|\_ | \_| \_\_\_\_\_  
     heels down

## Option B: Seated Toe Raises

## 2–3 sets • 15–25

Seated

     O  
     /|\  
     / \ \_\_\_\_\_  
     ↑ toes lift toward shin

**You should feel:** burn along the shin (front of lower leg), not in the knee.

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# 5) Banded Dorsiflexion (Pull toes toward shin)

## 2–3 sets • 10–15 each side

ANCHOR POINT

[door leg]====band====(foot)

Start: toes relaxed → Pull: toes up

          band tension →  
[ANCHOR]====>====>====[FOOT]  
                          ↑↑↑

**Cue:** knee stays still; only the ankle hinge moves.

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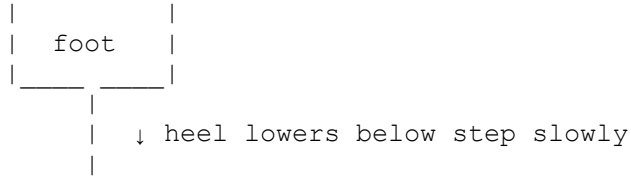
# 6) Eccentric Heel Drops (on a Step)

## 2–3 sets • 6–10 each side

Lowering tempo: 3–5 seconds down

STEP EDGE (side view)

\_\_\_\_\_



### How to do it (illustrated sequence):

- |                      |                      |                  |
|----------------------|----------------------|------------------|
| 1) Up with BOTH feet | 2) Shift to ONE foot | 3) Lower SLOW    |
| ↑↑                   | (other foot off)     | ↓↓↓              |
| [↑↑] on step         | [↑ ] on step         | [ ] on step      |
|                      | other foot floats    | heel drops below |

**Big rule:** ankle tracks straight—don’t let it cave inward.

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## Optional “Hinge Control” Add-On (high value)

### Knee-to-Wall Dorsiflexion (heel stays down)

2 sets • 8 slow reps each side



Arrow: knee glides forward over 2nd/3rd toe  
Heel must NOT lift.

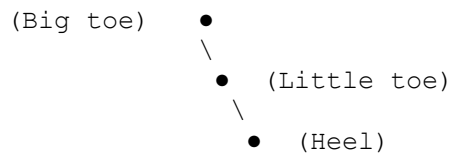
**You should see:** shin goes forward, heel stays heavy, arch doesn’t collapse.

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## What to watch for (simple visual checks)

### Foot tripod (keep it!)

TOP VIEW FOOT CONTACT



If you lose the tripod:

- arch collapses inward OR
- ankle rolls outward

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## 4-Week Progression (easy)

**Week 1:** learn control (lighter band, shorter holds)

**Week 2:** add reps or time (same exercises)

**Week 3:** add load (backpack/dumbbell) on calf raises

**Week 4:** single-leg emphasis (1–2 exercises single-leg each session)

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## Quick “Session Card” (copy/paste)

- Warm-up: Pumps 2x20, Circles 10/10
- Iso calf hold: 2x30s
- Slow calf raises straight-knee: 3x10
- Bent-knee calf raises: 3x12
- Tib raises: 2x15–20
- Band dorsiflexion: 2x12/side
- Step eccentrics: 2x8/side
- Optional knee-to-wall: 2x8/side