

Preparatory Exercises

Stabilizing the Ankles

Starting Position: standing straight with your feet hip distance apart.

Continuously swing your arms until the shoulders, elbows, wrists and hands feel deeply relaxed.

Inhale, stand on the tip of your toes; exhale, bring the heels down.

The movement can be extended further to the point where the tips of your toes and then the front of the feet are lifted off the ground.

It is necessary to have full control of your center in this exercise.

Repeat up to 30 repetitions.



Contraindications: heel and foot pathologies, strong *hallux valgus* (bunion deformity).

Benefits: increases mobility and stabilizes the ankles; increases balance perception.