

Ankle Dorsiflexion

Ankle dorsiflexion is defined as the degree to which your ankle can bend. In other words, how far you can pull your toes back towards your shins. If your ankle dorsiflexion is limited it will effect your biomechanics when you walk, run, jump and squat.

With our [paper challenge](#) yesterday, you may have felt a pinch in the front of your ankle when you tried to get low in your squat. If you had this sensation you likely have a dorsiflexion mobility issue.

To improve your dorsiflexion you want to massage, stretch and strengthen the muscles in your calf, shin and foot.

1. Massage with a foam roller or golf ball. Rub up and down the length of the muscle, and spend extra time on any tender areas. This will help the muscle to relax so that you can stretch it more effectively.
2. Stretch the joint at a variety of angles, making note of where it feels restricted and spending extra time here.
3. Strengthen the muscles in order to help maintain the newly developed range of motion in the joint.

This article takes a deep dive into ankle dorsiflexion and exercises you can do to improve it. I have found particular success from doing the dorsiflexion exercises where my toes are raised.

<https://mikereinold.com/ankle-mobility-exercises-to-improve-dorsiflexion/>

