

TELEHAB

EXERCISE PRESCRIPTION APP

James Sudale

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Client

James Sudale

Practitioner

James Sudale

Program Name

Ankle Rehab

How often

5 days a week

When

2 sessions per day

From **15 Feb 2021** to **28 Feb 2021**

You have 3 exercises:

1

Hop and stick on a mini tramp

10 reps 60 seconds rest Repeat 3 times

2

Alternating lunge jumps (TRX)

10 reps 60 seconds rest Repeat 3 times

3

Figure 8 hopping

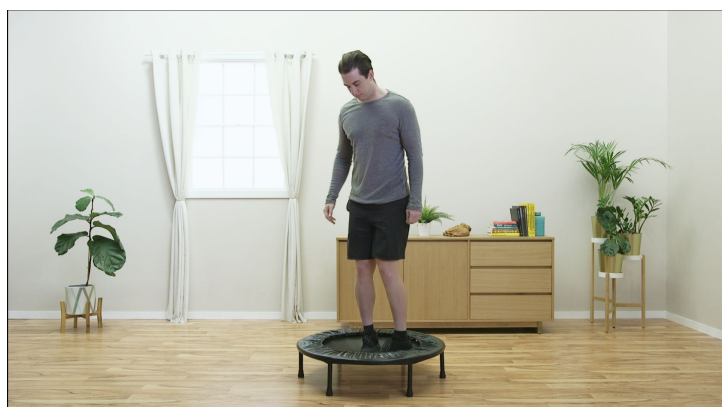
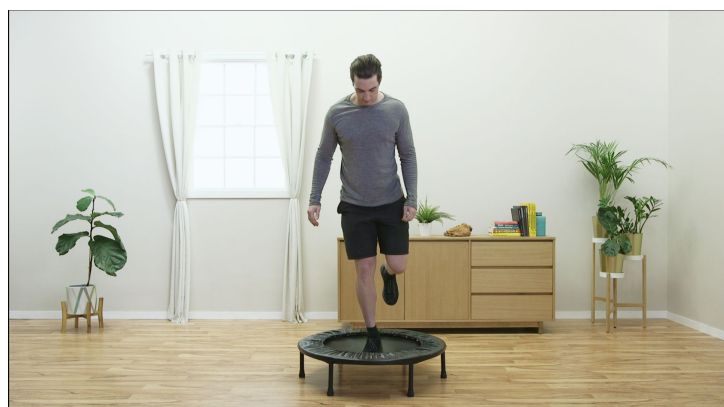
10 reps 60 seconds rest Repeat 3 times

Exercise 1: Hop and stick on a mini tramp

How many
10 reps

Rest for
60 seconds rest

Repeat
3 times



How to perform:

1. Shift your weight to one leg and lift your other foot off the floor.
2. Keeping your chest straight, squat down and then hop up onto the trampoline, landing in the middle, to complete the exercise.
3. Remember to land softly on the trampoline throughout the exercise.

Exercise 2: Alternating lunge jumps (TRX)

How many
10 reps

Rest for
60 seconds rest

Repeat
3 times



How to perform:

1. Keeping your chest tall, step back with one foot and lower your knee towards the ground, straightening your arms as you do so.
2. Then quickly jump up, swap your legs around and land with soft knees.

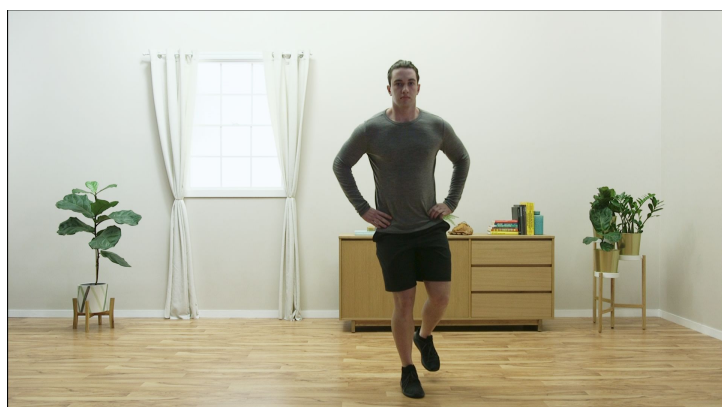
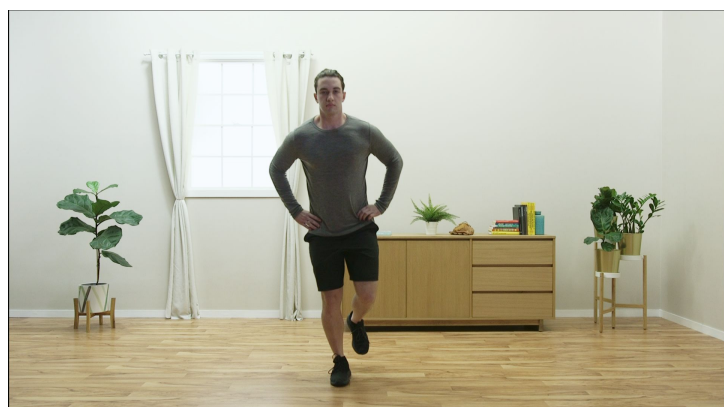
3. Then repeat this movement for the prescribed time to complete the exercise.
4. Remember to keep your chest tall throughout the exercise.

Exercise 3: Figure 8 hopping

How many
10 reps

Rest for
60 seconds rest

Repeat
3 times



How to perform:

1. Shift your weight to one leg and lift your other foot off the floor.
2. Keeping your chest up, hop diagonally forwards then sideways, followed by diagonally backwards and then sideways again to complete the exercise.
3. Remember to land softly with each hop throughout the exercise.

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Ankle Rehab

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Exercise Name	\	\	\	\	\	\	\
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Alternating lunge jumps (TRX)							
Figure 8 hopping							

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TeleHab Exercise Program

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