

# SmartAnkle - 10 Top Prevention Tips

STOP - DROP - DON'T ROLL  
BE ANKLE SMART

## 1. Ankle Exercises



Exercises combining balance and strength have been proven to reduce the risk of an ankle re-injury by 50%.



## 6. Find a Physio

Find a Physiotherapist that regularly see Netball players. Physio's are experts in guiding recovery, rehabilitation and the return to play process.

## 2. Tape or Brace



If returning to play after a sprain or have had a previous sprain, tape or brace the ankle.



## 7. Graduated Return To Sport

Do not return to play until the NetballSmart Dynamic Warm Up can be done well without any aggravation of the rehabilitating ankle.

## 3. Warm Up



NetballSmart Dynamic Warm Up for game and training. This contains ankle injury prevention exercises already.



## 8. Train Netball Landings

Most ankle sprains occur because of a poor landing. Hopping, jumping and landings should be practiced at every training.

## 4. Shoes



Wear Netball shoes. Check the tread and lock the laces.



## 9. Train Reactive Footwork

Reactive footwork, is responding quickly to a command with a controlled single leg landing e.g. "Red dot right foot" or "6 -oclock left foot"

## 5. Act on Ankle Sprains



PRICED. Protect - Rest - Ice - Compress - Elevate and Diagnosis! Don't miss a fracture or serious injury; See a medical professional.



## 10. Sleep

8 hours sleep, 5-7 times p/week, reduces your injury risk by up to 61%. Put technology away 30 min before bed.