

Ankle Conditioning Circuit – linked to PAASS

	Exercise	Time	PAASS Framework
#1	Squat jumps in-and-out	20 seconds	Ankle Impairments
	REST	10 seconds	Pain?; Stability?; Confidence? Assurance?
#2	Single-leg stance on Airex Balance Pad	20 seconds	Sensorimotor Control
	REST	10 seconds	Pain?; Stability?; Confidence? Assurance?
#3	Switch lunges	20 seconds	Ankle Impairments
	REST	10 seconds	Pain?; Stability?; Confidence? Assurance?
#4	30cm lateral hops	20 seconds	Sport/functional Performance
	REST	10 seconds	Pain?; Stability?; Confidence? Assurance?
#5	Squat jumps single-leg land	20 seconds	Sensorimotor Control Sport/functional Performance
	REST	10 seconds	Pain?; Stability?; Confidence? Assurance?
#6	SEBT anterior reach	20 seconds	Sensorimotor Control
	REST	10 seconds	Pain?; Stability?; Confidence? Assurance?
#7	Skaters	20 seconds	Ankle Impairments
	REST	10 seconds	Pain?; Stability?; Confidence? Assurance?
#8	Reebok Step lateral hops	20 seconds	Sensorimotor Control Sport/functional Performance
	REST	10 seconds	Pain?; Stability?; Confidence? Assurance?
#9	Figure-8 hops	20 seconds	Sensorimotor Control
	REST	10 seconds	Pain?; Stability?; Confidence? Assurance?
#10	Reebok Step drop vertical jump with single-leg land	20 seconds	Sport/functional Performance
	REST	10 seconds	Pain?; Stability?; Confidence? Assurance?

