



## Keys to Nolan Ryan's Longevity

### Key #5: Ankle Mobility

The critical importance of ankle joint mobility is rarely considered by pitching coaches but has been well known for years by physical therapists and athletic trainers. Imagine the result if both of your ankles were placed in light weight casts? Would that inhibit or augment your ability to both generate velocity and just as importantly help contribute to the deceleration?

If you have mobility constraints or restrictions in the ankle joint, it could very easily force the knee to be more mobile than it was designed to be and inhibit energy coming up and down the kinetic chain. Not good.

We utilize 5 different ankle mobility exercises of differing degrees of difficulty to keep it fresh over the weeks and months of our intense training. Never-the-less we do some portion of ankle mobility work EVERY SINGLE DAY. We believe in it that obsessively.

Basic Ankle Mobility Drill #1.



The pitcher will get his front toe 4-6" away from any wall. **While leaving his heel on the ground** he will try to touch his knee to the wall directly in front of him. He will then return to his original starting position and on part II, touch his knee ~15 degrees (3-4 inches) to the right of his original touching point...then return to his original touching point...and on part III. Touch his knee ~15 degrees to the left of his original touching point. We do 15 reps total or 5 to each location on each ankle.

Special attention should be made to 1) the distance from the wall...I suggest you start with 2.5 inches from the wall and slowly work out to 6+ inches over weeks and months; 2) the heel remaining planted throughout the exercise and 3) don't pay attention to what everybody else's distance is, instead establish YOUR baseline and steadily and continually improve YOUR ankle mobility.

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For more information on the Texas Baseball Ranch® and the various training programs offered, visit [www.TexasBaseballRanch.com](http://www.TexasBaseballRanch.com), call (936) 588-6762 or email: [info@TexasBaseballRanch.com](mailto:info@TexasBaseballRanch.com)