

Ankle Profiling

Longitudinal Monitoring of Ankle Iso-Push Parameters

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After analyzing Ankle Iso-Push data across field sports, a trend emerged between **calf strength and calf injury incidence**.

Calf injuries are common across many field sports



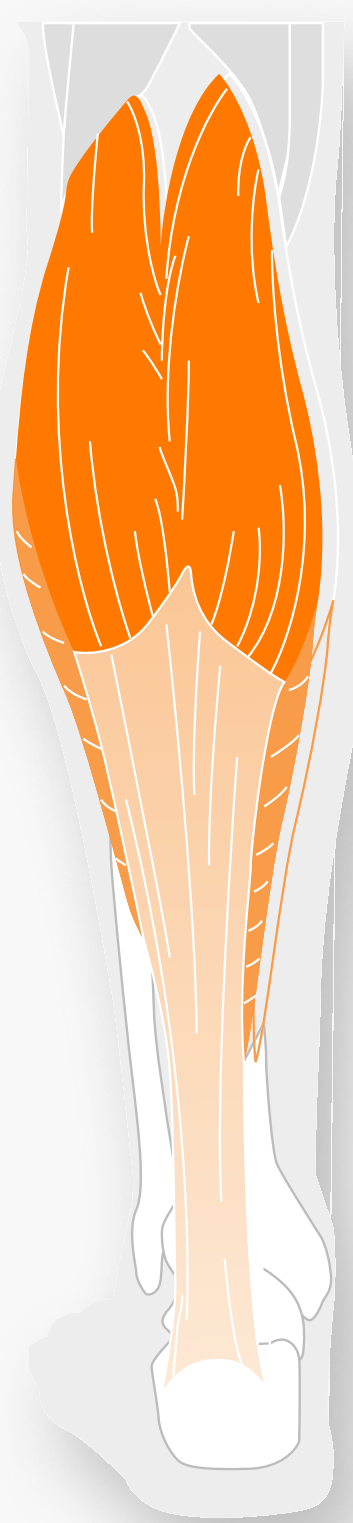
Rugby League



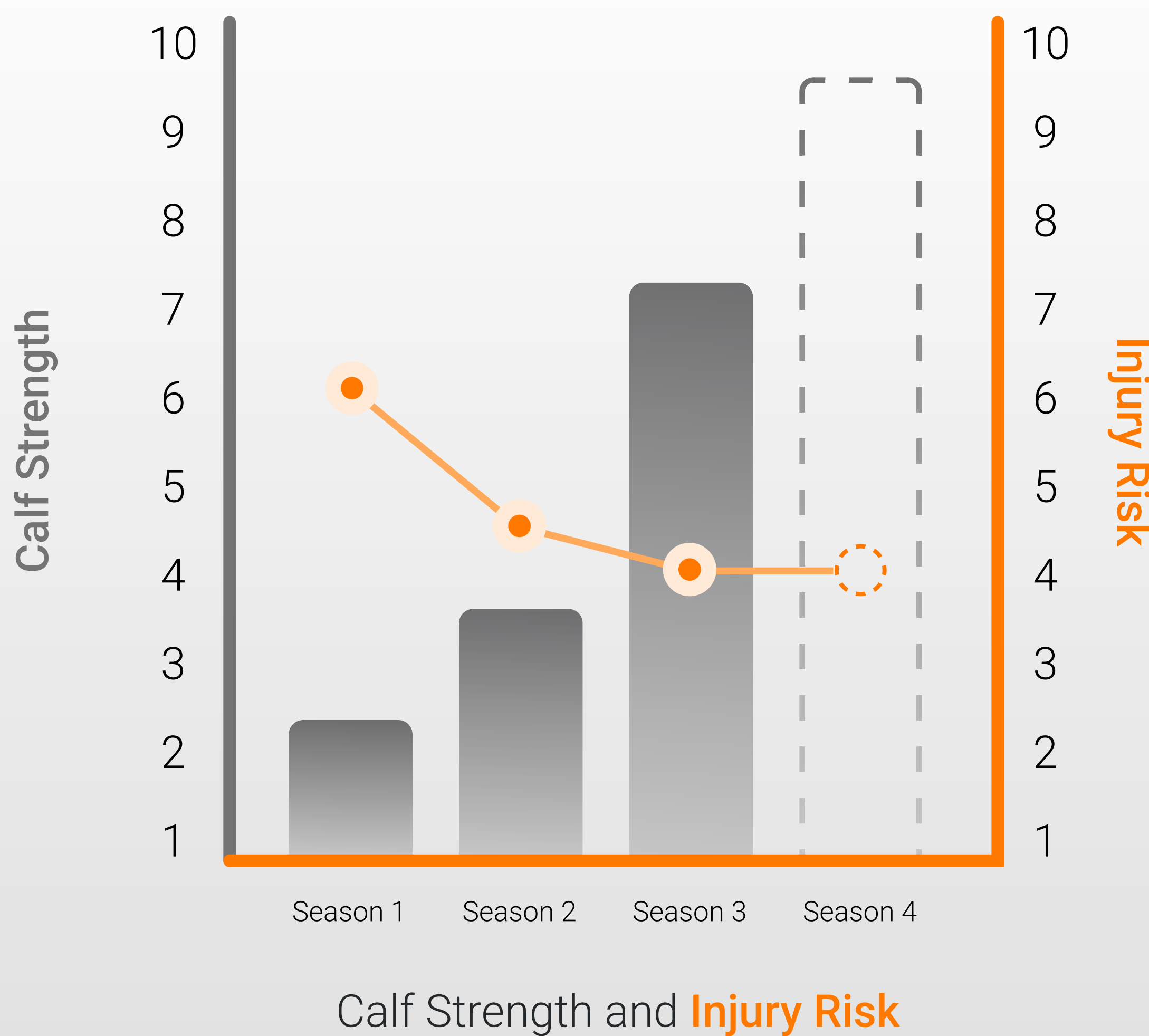
Soccer / Football



Rugby Union



Improving maximal force capacity **may reduce injury risk**



Across different sports, **increases in relative plantar flexion strength** coincided with **reductions in calf injuries**

Sport	Variables	Year 1	Year 2	Year 3
Pro Rugby League	Max Force / BW Squad Average	2.65	2.9	3.05
	Calf Injuries	7	2	1
Pro Soccer/ Football	Max Force / BW Squad Average	2.35	2.68	2.83
	Calf Injuries	11	1	0
Pro Rugby Union	Max Force / BW Squad Average	2.52	2.83	2.98
	Calf Injuries	9	3	0

How was **strength developed?**

No single training method was responsible for all improvements, instead a range of loading methods were applied.

Isometric

2x per week
Seated and Standing
Iso Push
Short and Long
Duration

Isotonic

1x per week
Seated and Standing
Calf Raises

Eccentric

1x per week
Seated and Standing
Eccentric Calf Raises
Standard and Supramaximal
Loading

