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Test Yourself and Prevent the Possibility of Injury!!!!Do you like this topic? Tell us on Facebook! **Weight Bearing Lunge Test**

Adequate range of ankle dorsiflexion (ankle bend) is necessary for functional activities such as walking, stair climbing and running. Restriction in this movement has been shown to cause a number of injuries including:-

- Ankle injuries
- Foot and big toe injuries
- Achilles Tendon injuries
- Shin splints
- Knee injuries
- Hip and pelvic injuries
- Lower Back Injuries



To perform the test, place your foot perpendicular to the wall, with your first toe **10cm** away. Lunge your knee toward the wall, making sure to keep your heel on the ground. DO NOT twist through your pelvis, or drop your knee inwards or outwards. If your knee cannot touch the wall you have reduced ankle dorsiflexion and may be at risk of developing the above injuries. Make an appointment with one of our specialist physiotherapists who will help you regain this movement through treatment and specific exercises.

To see how to perform this test, check out our video by clicking on the following link: [Physiotherapy North Sydney: Lunge Test for Ankle Stiffness and Pain](#)

Special Offer!!!

The first 11 callers will receive a **50% discount** on their Initial Physiotherapy Assessment related to a reduction in Functional Dorsiflexion of the ankle! Subject to availability.

**Meet the latest addition to the PHYSIO4ALL Family!**

PHYSIO4ALL welcomes our new physiotherapist **Alex Donald** who is a graduate of the University of Sydney and had been working as a Physiotherapist on the northern beaches before joining us at PHYSIO4ALL in April 2011.

Alex has a background in Exercise and Sports Science and therefore has a unique insight into some of the technical aspects of sports management, performance improvement and injury management. Having worked in a practice that focussed on foot biomechanics, Alex has a particular interest in feet and ankle injuries and the relationship of the functionality of the feet with knee, hip, back and neck pain.

Having a real passion for tennis and being well travelled Alex has worked with tennis players from the U.S.A., Germany, England, Scotland and Colombia as well as running camps in Wisconsin. Alex has been practicing with the Muscle Energy Technique for many years now and so has particular insight into how back and neck pain can have many causes and the solution usually involves a holistic approach covering core strength, leg length, pelvic stability and other factors.

We hope Alex has a long and very successful career with PHYSIO4ALL.

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