

HEELCURVE HOCKEY

TIBIALIS RAISE (PLATE-LOADED, PLATE ON TOP OF FEET)

EXERCISE MECHANICS

WHAT IT IS

An isolation exercise that strengthens the tibialis anterior, the muscle responsible for dorsiflexion (lifting your toes up). It improves ankle mobility, balance, and lower leg resilience.



1 START

Sit or stand with your feet flat on the ground, toes relaxed. Place a weight plate flat on the top of both feet. Keep your upper body upright.



2 RAISE TOES

Lift your toes up toward your shins as high as you can while keeping your heels on the ground.



3 HOLD

Squeeze the tibialis at the top and hold for a brief pause.



4 LOWER

Slowly lower your toes back down to the starting position with control.



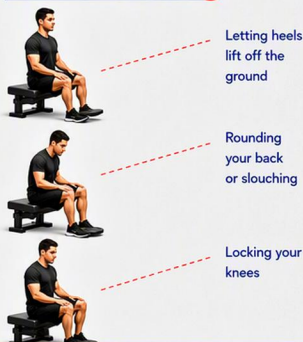
KEY POINTS

- Keep your heels rooted on the ground.
- Lift your toes as high as possible.
- Move in a slow, controlled manner.
- Focus on feeling the front of your lower leg (shin).
- Use your arms for balance only.
- Focus on quality reps, not quantity.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Tibialis Anterior
- Calves
- Extensor Digitorum Longus
- Peroneals
- Ankle Stabilizers

TRAINING TIPS

- Use as a prehab and performance exercise for stronger ankles.
- Add to warm-ups or recovery days to build lower leg resilience.
- Pair with calf raises and balance work for complete ankle strength.
- Include in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.