1 What is the net joint force, in the static case, at the ankle joint (AJC) given the situation in the sketch?

\[ F_{\text{vert}} = 1500 \text{ N} \]
\[ F_{\text{hor}} = 500 \text{ N} \]
\[ m_{\text{foot}} = 1.5 \text{ kg} \]

2 Add the names to all ankle ligaments to the slides in the lecture notes

3 Which of the muscles crossing the ankle joints is the main everter? What is this muscle’s stretch reflex latency for this muscle? Discuss implications for injury prevention? I.e., can this muscle prevent injuries by reflex activation?

4 What is the main result of the Ubell-study? Which injury mechanism was tested? Do you think this is realistic? How does this relate to the mechanism mentioned on slide 33?

5 How would you train for ankle injury prevention? Outline a training program with general and some specific exercises; and provide arguments for their usefulness.