

ANTERIOR LENGTHENING



INVERSION STRETCH WITH TOWEL

Sit on the floor with your leg out straight in front of you. Loop a towel around your foot and hold the ends in both hands. Pull on the inside towel to turn your foot inwards as far as you can. Hold for 30 seconds then relax.

SETS & REPS: 1 rep

FREQUENCY: 3 x day



PERONEAL STRETCH

While sitting with your leg over the side of the chair, bend your leg under the chair with your foot pointed and turned in. Slowly put pressure through your leg by extending your knee until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



PERONEAL STRETCH

Sitting with your leg crossed over your opposite knee, point your foot and rotate the sole of your foot up towards you. Use your hand to pull your foot further in this direction until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



TIBIALIS ANTERIOR STRETCH

Kneeling (sitting on your heels) with your feet pointing backwards, grasp your knee and pull it up until you feel a stretch in the front of your ankle / shin. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day