

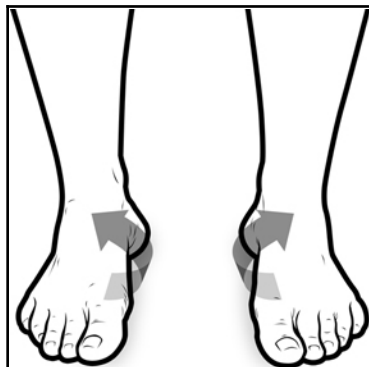


TIBIALIS POSTERIOR STRENGTHENING

Sitting, wearing socks on a smooth floor, fixate both fists between your knees. Start by rotating your feet outwards (1). From there rotate your feet inwards as far as possible or until the medial borders start to lift off the floor (2). Return to the start position and repeat.

SETS & REPS: 3 x 20

FREQUENCY: Daily

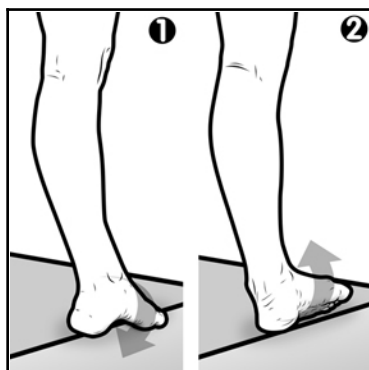


TIBIALIS POSTERIOR STRENGTHENING

In standing ensure your feet are hip-width apart and pointing straight ahead. Activate foot muscles by lifting the inside arches of your feet (so that your weight moves towards the outsides of your feet) but without lifting big toes or heels off the floor. Hold for 5 seconds. Relax and repeat.

SETS & REPS: 5 reps

FREQUENCY: 3 x day



ECCENTRIC TIB POST STRENGTHENING

Start with the inside half of your foot over the edge of a step and level with it. Slowly lower your foot and ankle down over the step as far as it will go (1). From this position raise the inside of your foot and ankle up above the step as high as you can (2). Return to the start position and repeat.

SETS & REPS: 3 x 15

FREQUENCY: Daily



ECCENTRIC TIB POST STRENGTHENING

With your body on a 45° angle to the step and the ball of your foot on the edge, raise your heel upwards and inwards to lift your arch (1) using the handrail for balance. Slowly drop your heel down beyond the level of the step, pronating your foot as you lower (2). Repeat.

SETS & REPS: 3 x 15

FREQUENCY: 2 x day