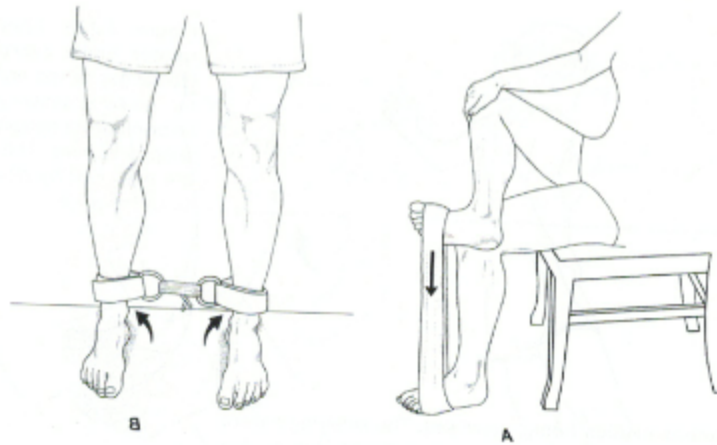


Foot and Leg Strengthening 2



1. Tibialis Posterior Home Exercises:

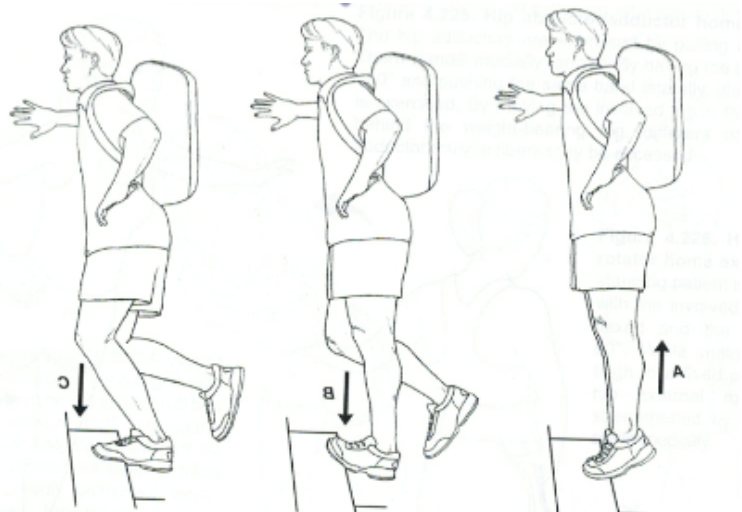
Left: Closed kinetic chain. Attempt to keep the big toe on the floor while rolling the heel (calcaneus) inward. This should increase your arch height significantly while doing the exercise.

Right: Using a theraband move the foot up (inverted position) then slowly lower your foot outward against the resistance of the theraband.

2. Right: Achilles and Calf Heel Drops.

Use no weight pack at first.

Alternate bent knee and straight knee variations.



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