

Exercise Band Strengthening Exercises

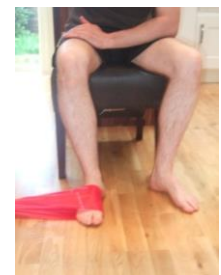
Eversion Strengthening (useful for peroneal weakness)

1. Loop the exercise band around the front of your foot and hold firmly in place with your other foot; this is your starting position.
2. Keeping your heel to the ground, push your foot out against the resistance of the band. Hold for three seconds.
3. Return to your start position.



Inversion Strengthening (useful for tibialis posterior weakness)

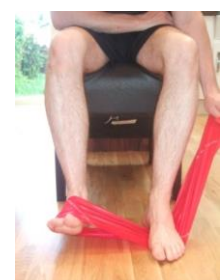
1. Secure the band to a table leg or ask somebody to hold on to it.
2. Loop the exercise band around the front of your foot; this is your starting position.
3. Keeping your heel to the ground, pull the front of your foot away from the table against the resistance of the loop. Hold for three seconds
4. Return to your start position.



Repeattimes

Dorsiflexion Strengthening (useful for tibialis anterior weakness)

1. Loop the exercise band around the front of your foot and hold firmly in place with your other foot; this is your starting position.
2. Keeping your heel to the ground, lift the front of your foot towards you using your heel as a pivot. Hold for three seconds.
3. Return to your start position.

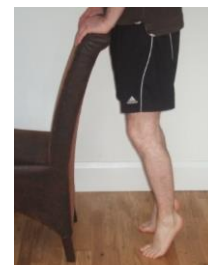
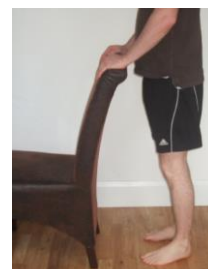


Repeattimes

Further Strengthening of Tibialis Posterior

1. Stand holding the back of a sturdy chair or in front of a work surface to aid your balance; this is your starting position.
2. Rise briskly up on to your tiptoes without pushing on the chair or surface. Hold this position for a count to two.
3. Steadily lower your heels back to the ground to your starting position. This should be done over a count to three.

Repeattimes



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