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Notes:

1. Isometric Eversion



- Sit on a chair with the outside of foot placed against a wall.
- Push the outside of your foot against the wall without moving the foot.
- Maintain the contraction, relax and repeat.

Sets: 3 Repetition: 10 Frequency: 2 x / day

2. Resisted eversion



- Wrap a band around the affected foot just below the toes and use the other foot as an lever while you hold the band in your hands.
- Start with the sole of the foot facing inward then bring the foot up and out so the sole is facing outside.
- Repeat.

Sets: 3 Repetition: 10 Frequency: 2 x / day

3. Strengthening Pronation



- Turn both feet up and out
- slowly control feet back to centre

Sets: 3 Repetition: 10 Frequency: 2 x / day