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Notes:

1. Active ROM Inversion



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

- Sit with both legs straight and leaning on hands behind you.
- Without moving the knee, move your foot and toes towards the inside (towards the other foot).
- Return and repeat.

2. Strengthening Supination



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

- Stand, lift your big toe off the ground and then lift the inside of the foot to increase the medial arch of your foot.
- Maintain the position and relax.
- Increase the difficulty by standing on one foot.

3. Strengthening Tibialis posteriori



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

- Sit with your legs straight.
- Tie the elastic around your foot and hold both ends in your hands.
- Without moving the knee, turn the sole of your foot towards the inside and point the foot towards the floor.
- Return and repeat.

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Notes:

4. Stretching Inv / Eversion



- Sit and loop a towel or belt around forefoot.
- For inversion (supination), pull on inside portion of towel until stretch is felt on outside of foot.
- For eversion (pronation), pull on outside portion of towel until stretch is felt on inside of foot.
- Maintain the stretch and relax.

Frequency: 2 x / day Hold: 30 sec.