

# Lower Leg Stretches

## Tibialis Posterior : Stretch w/o Stretch Rope



Step 1: Sit; knee of leg to be stretched bent 90 °, Place hands around ball of foot

Step 2: Turn bottom of foot down toward floor against resistance of hands; 20% force, for 10 seconds

Step 3. Exhale; turn bottom of foot away from body; 2 seconds, assist with hands

Step 4. Repeat stretch 2-3 times

## Tibialis Posterior Stretches



Step 1: Sit, knee bent 90°; stretch rope around ball of foot, held in hands

Step 2: Turn bottom of foot toward your other leg against resistance of rope at 20% force, for 10 seconds

Step 3: Exhale; turn bottom of foot away from body; 2 seconds, assist with rope

Step 4: Repeat stretch 2-3 times