

# Lower Leg Strengthening Exercise



## Peroneals Strengthening

- Step 1: Sit with legs straight
- Step 2: Loop Thera-Band around each foot, hold in hands
- Step 3: Turn bottom of feet slowly toward outside of body;  
pulling on band, hold 3 seconds
- Step 4: Slowly return them to neutral
- Step 5: Move feet farther apart if you don't feel a "burn"
- Step 6: Perform exercise 8-12 times.