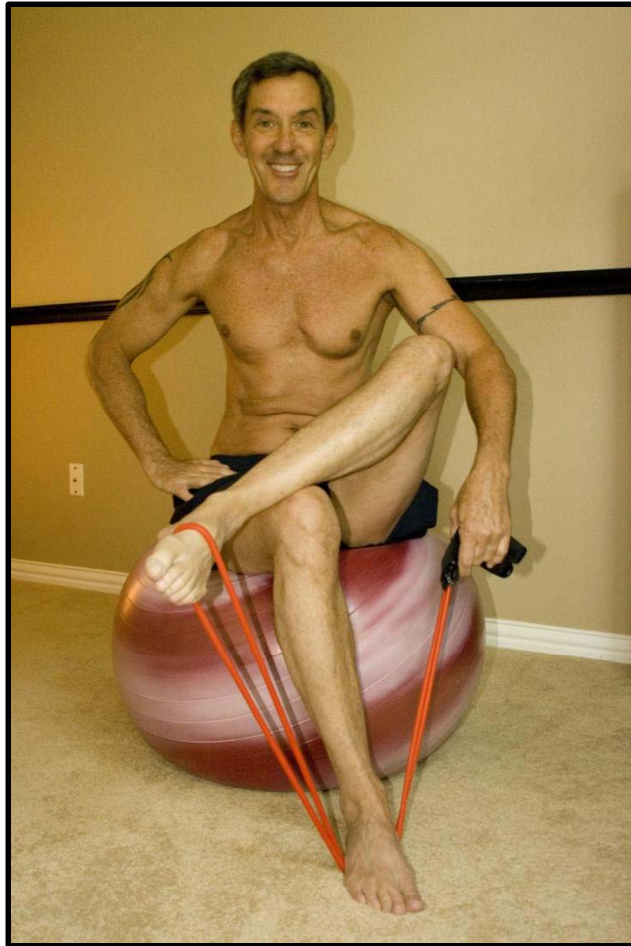


Lower Leg Strengthening Exercises



Tibialis Posterior with Ball

- Step 1: Sit and cross bent leg over other leg
- Step 2: Loop Thera-Band around foot, secured under other foot, and held in hand
- Step 3: Slowly invert ankle, or point toes inward, hold for 3 seconds, slowly release back to neutral position
- Step 4: Perform 8-12 times