



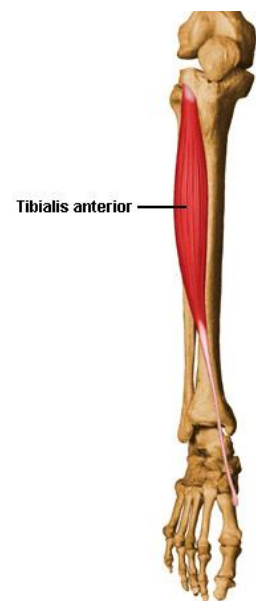
## PATIENT INFORMATION

### Strengthening exercises for Tibialis Anterior muscles

Our assessment has shown that the tibialis anterior muscle in one or both of your lower legs is weakened, and may be contributing to any foot, ankle or lower limb pain that you may be experiencing.

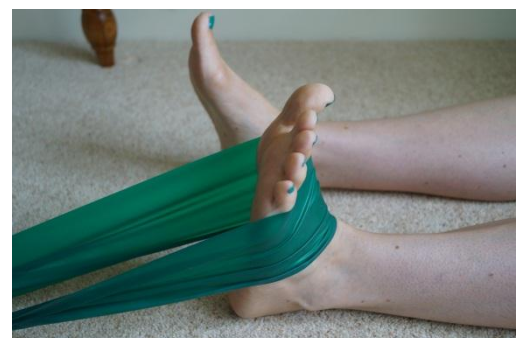
These muscles are responsible for bending your foot upwards away from the floor, and also for *controlling* the rate at which your foot bends *downwards*. They provide stability for the ankle when you are walking or running.

It is important to address this weakness, and so we have asked you to perform regular strengthening exercises to achieve this



#### Steps to strengthen the tibialis anterior muscles:

1. You will need a therapy band, which is basically a large elastic band. These can be acquired via physiotherapy supplies, e.g. see [www.physiosupplies.com](http://www.physiosupplies.com). Alternatively they can be purchased from the podiatry department.
2. Sit on the floor, facing a large, heavy item of furniture. Loop the therapy band around the furniture, i.e. around a sofa or table leg.
3. Loop the therapy band around the front half of your foot, and adjust your position until all slack is out of the elastic.
4. Now, keeping you heel on the floor to act as a pivot, slowly bend your foot upwards, towards you, against the resistance of the therapy band.
5. If no resistance is felt, move your chair slightly further away from the furniture the band is attached to.
6. Once you have brought your foot up towards you



as far as it will go, hold for 2 seconds then slowly allow your foot to relax back to its starting position.

7. Repeat this process 10 times.
8. Repeat for the other leg.
9. Now repeat steps 2 to 8 twice more, so that you performing a total of three sets of the exercises on both legs.

**! STOP IF YOU FIND THE ABOVE EXERCISES PAINFUL!**