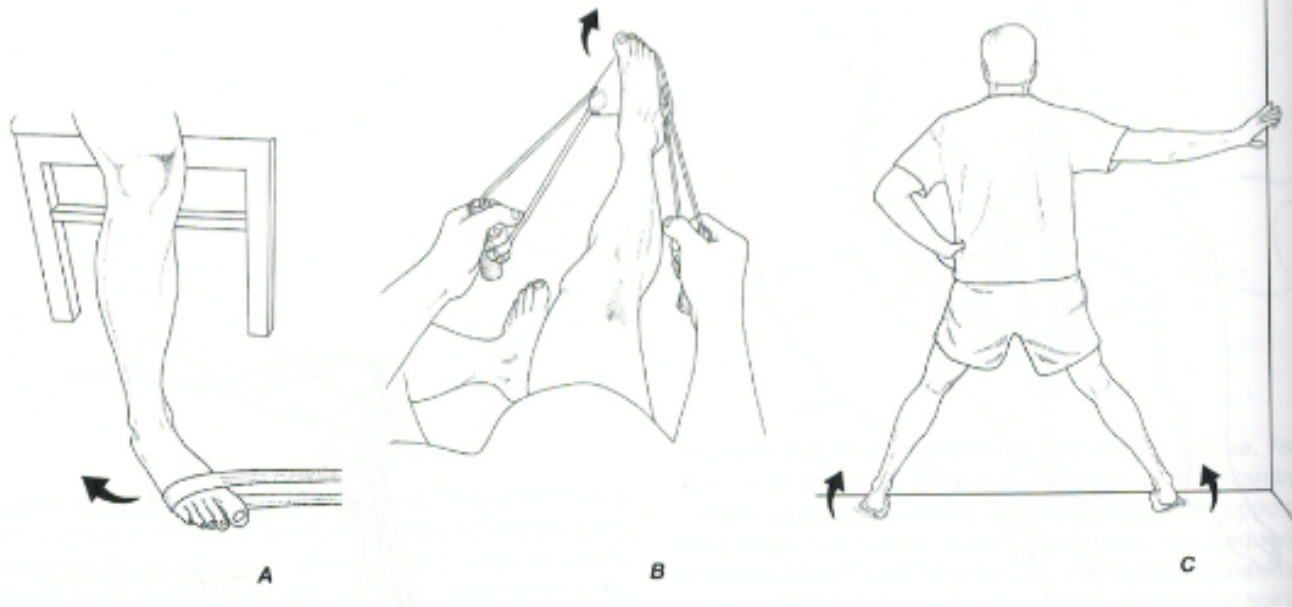
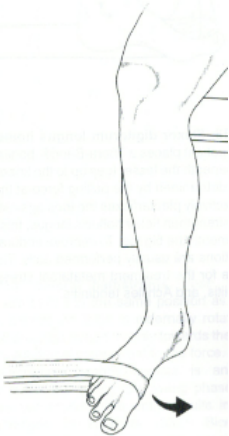


# Foot and Leg Strengthening 1



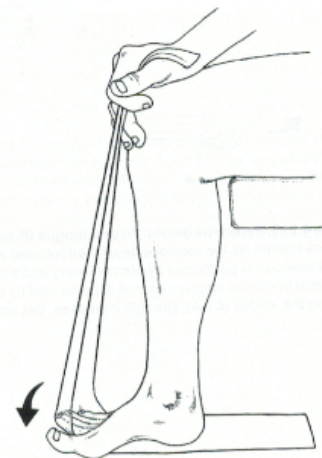
Home exercises for the lateral portion of the ankle and leg.

- A. Peroneus Brevis – move the forefoot out and up slightly
- B. Peroneus Longus – Move the forefoot down and out
- C. Advanced exercise Closed kinetic chain



Left: Tibialis Posterior. Move the foot inward against resistance.

Right: Long toe flexors (Flexor digitorum Longus). Have the foot supported off the floor to allow the toes to fully flex.



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