



**Bloomsbury Osteopathy**

# Ankle and Foot

## Inversion Strengthening Exercise 2

**FOTS03**

### Function:

To maximise stability at the ankle by increasing the strength of the muscles that run along the inside of the lower leg across the ankle.

### Method:

Starting Position:

Be seated with legs outstretched in front of you. Tie a close loop of exercise band around the desired foot and with the other foot tread on the band adjacent to the tied foot. Take up the slack in the band.

### Action:

Slowly and in a controlled manner turn the foot inward. At end of range, hold for 5 seconds before returning slowly to the start position. Repetitions, sets and external resistance is will be prescribed by your osteopath.

### Notes:

It is important to keep the knee straight and kneecap pointing upward at all times. Turn the foot only at the ankle. Do not allow the foot to pass past neutral position when returning to the start position.



All exercises are available from  
[www.Bloomsbury-Osteopathy.co.uk](http://www.Bloomsbury-Osteopathy.co.uk)