



Bloomsbury Osteopathy

Ankle and Foot

Calf muscle and toe flexion exercise

FOTS04

Function:

To maximise stability at the ankle by increasing the strength plantar flexors – the calf muscles – and the toe flexor muscles.- flexor digitorum.

Method:

Starting Position:

Be seated with legs outstretched in front of you. Tie a close loop of exercise band around the desired foot (or loop it between the big toe and the second toe) and secure the other end of the band on an object behind you such as the back leg of the chair. Take up the slack in the band.

Action:

Slowly and in a controlled manner point your foot and your toes downwards / away from you. 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:

User a secure stable chair. Repetitions, sets and external resistance is will be prescribed by your osteopath.

FOOT PLANTARFLEXION AND
TOE FLEXION STRENGTHENING
(FOTS04)

