



Bloomsbury Osteopathy

Ankle and Foot

Tibialis Anterior Stretch

FOTM03

Function:

To improve the length, tone and flexibility of the tibialis anterior and muscles in the front of the leg.

Method:

Starting position:

From a standing position, stretch one leg behind and place the dorsal portion of the foot in contact with the floor.

Action:

Slowly place more weight over the foot being stretch by slightly leaning over it, so as to feel a stretch in the shin area.

Notes:

This stretch is particularly beneficial for those suffering front anterior compartment syndrome, also known as shin splints.

TIBIALIS ANTERIOR STRETCH
(FOTM03)



All exercises are available from
www.Bloomsbury-Osteopathy.co.uk