



Robyn Dey RMT
Massage Therapy

Tibialis Anterior Strengthen: Resisted Dorsiflexion

Sit with both legs straight and the theraband around the involved foot. Hold the band in your hand and anchor it around the opposite foot then slowly pull the involved ankle toward your face. Keep your toes curled down during the exercise so the ankle does all the work instead of the toes.





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Tibialis Anterior Strengthen: Heel Walk

Walk on your heels and lift your forefoot as high as you can. Curl your toes to avoid using your toes, use your ankles only to lift your foot. Bend your knees as well with each step. Hold on to table if needed.

