

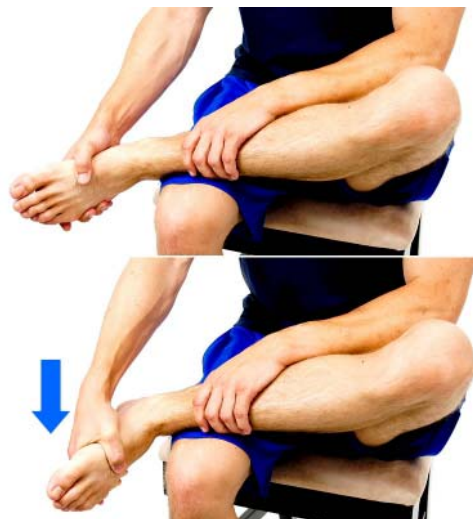


1. Tibialis Posterior Eversion Stretch – Single
2. Tibialis Posterior Eversion Stretch – Bilateral
3. Tibialis Posterior Eversion Stretch with Towel
4. Tibialis Posterior Dorsiflexion and Eversion Stretch with Towel

Tibialis Posterior Eversion Stretch – Single

To stretch the **left** Tibialis Posterior muscles:

1. Always warm your muscles before exercising.
2. Sit with left foot stretched across the right knee.
3. grasp the middle of the left foot and twist the left foot and heel down and bringing the baby toe to face up until you feel a stretch on the big toe side of your left ankle.



Tibialis Posterior Eversion Stretch – Bilateral

1. Always warm your muscles before exercising.
2. Sitting in a chair or on the floor try to have the soles of the feet face away from each other until you feel a stretch on the big toe side of your ankle.





Robyn Dey RMT
Massage Therapy

Tibialis Posterior Eversion Stretch with Towel



1. Always warm your muscles before exercising.
2. In a seated position with outstretched legs and relaxed knees, loop a towel or belt under the foot as shown in the picture.
3. Pull on the outside end of the towel to turn the heel and forefoot outwards until you feel a stretch on the big toe side of your ankle.



Tibialis Posterior Dorsiflexion and Eversion Stretch with Towel



To stretch the **right** tibialis posterior muscle

1. Always warm your muscles before exercising.
2. In a seated position loop a towel or belt under the ball of the foot as shown in the picture.
3. Pull the ankle into eversion by pulling the outside end of the towel with right hand to cause pinkie toe side of the foot to go up and the ankle to fan out.
4. Keeping that ankle position pull towel back toward the chest and out with more pressure through right arm.