

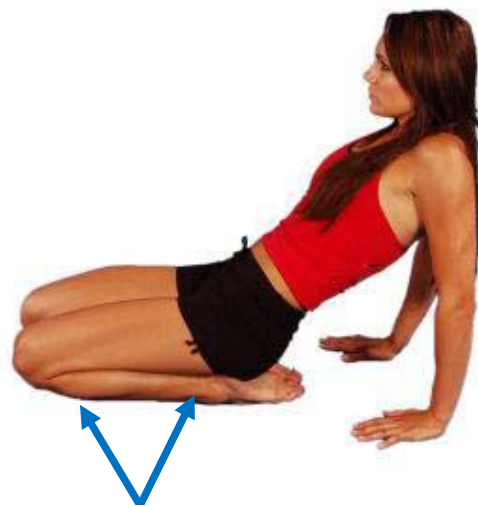


Robyn Dey RMT
Massage Therapy

1. Seated Tibialis Anterior Plantarflexion Stretch
2. Standing Tibialis Anterior Plantarflexion Stretch
3. Standing Tibialis Anterior Plantarflexion and Eversion Stretch

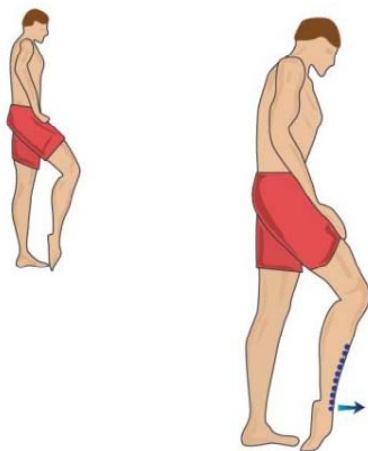
Seated Tibialis Anterior Plantarflexion Stretch

1. Always warm your muscles before exercising.
2. Sit on knees with bottom to heels, keeping heels parallel until you feel a stretch on top of the foot and the pinkie toe side of your calf (tibialis anterior).



Tibialis anterior muscle

Standing Tibialis Anterior Plantarflexion Stretch



Standing, place the top of the stretching foot on the floor and “try to slide your foot forward” until you feel a stretch on top of the foot and the pinkie toe side of your calf (shown in blue). This works best on a non-slippery surface or in bare feet.



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Standing Tibialis Anterior Plantarflexion and Eversion Stretch



To stretch your **right** Tibialis Anterior muscle (front leg in picture)

1. Always warm your muscles before exercising.
2. While standing cross the right leg in front of the left placing the baby toe and edge of the right foot against the floor as shown in the picture.
3. Bend your left knee into the back of the right leg until you feel a stretch along the baby toe side of your foot and calf. You may have to move your ankle side to side to feel the stretch in the leg.