



**Robyn Dey RMT**  
Massage Therapy

1. Basic Peronial Muscles Stretch – Single
2. Basic Peronial Muscles Stretch – Bilateral
3. Peronial Muscles Stretch with Towel
4. Foam Roll Peronial Muscles Stretch

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## Basic Peronial Muscle Inversion Stretch – Single

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To stretch the **left** peronial 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 up including the heel until you feel a stretch on the pinkie toe side of your left ankle.



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## Basic Peronial Muscle Inversion Stretch – Bilateral

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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 each other





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## Peronial Muscles Stretch with Towel

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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 inside end of the towel to turn the heel and forefoot inwards until you feel a stretch on the pinkie toe side of your ankle.



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## Foam Roll Peronial Muscles Stretch

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1. Always warm your muscles before exercising.
2. Place your foot on a half foam roll as shown and tilt the roll outward until a stretch is felt along the pinkie toe side of your ankle. Keep the leg straight upward as the ankle stretches.

