

Peroneal stretch

Contraindication: Stretched ligaments.

Purpose: This stretch is used to open the outside of the lower leg to allowing the foot to move properly.

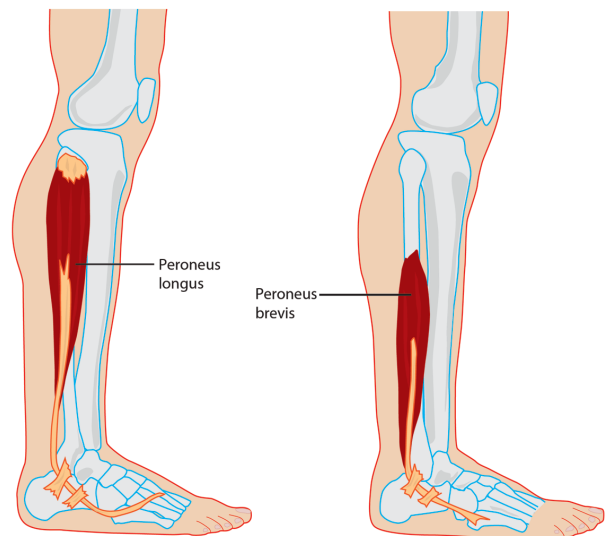
Note: With any stretching you want to go to the point where it does not feel like a stretch in the beginning. After 30 seconds you can sink into the stretch slowly. The more relaxed you can be while stretching the more stretch you will get.

How Often: This should be done a minimum of 3 times a week for best results. For optimal results this should be done every day. Do 3x per session.

Directions:

Sit and bend knees 90 degrees, invert one foot and put pressure into it and you will feel the stretch from the middle of calf down.

If your balance is good, stand and invert one foot and hold 30-60 secs.



Peroneal muscles