

# Tibialis posterior exercises pdf

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Ankle inversion with resistance band – turn ankle inward and focus on slow and controlled return to starting position. Calf

- Global and specific strengthening exercises – to help reduce pain. This is a general conditioning program that provides a wide range of exercises Use caution when performing any exercise. gel ice pack) for minutes using skin protection. Always consult your physician before exercising or beginning any exercise program. Cold pack (e.g. Consult with your healthcare professional to design an appropriate exercise prescription Use supportive footwear, orthotics, After an injury or surgery, an exercise conditioning program will help you return to daily activities and enjoy a more active, healthy lifestyle. If you keep your knees straight during the exercise you will stretch your calf Exercise. Bend and straighten your ankles or feet up and down. Dosets of& repeat day per week. ExerciseLying on your back or sitting. Following a well-structured conditioning program will also help you return to sports and other recreational activities. Use of these instructions at your own risk.

 Difficulté **Moyen**

 Durée **791** heure(s)

 Catégories **Art, Maison, Science & Biologie**

 Coût **77** USD (\$)

## Sommaire

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Commentaires

Matériaux

Outils

Étape 1 -

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