

Notes:

1- Peroneus tersius stretch



Sit and bend your leg to bring the outside of the injured foot on the bed or the opposite knee. With your hand, bend the foot down and turn it inward (towards the big toe) until a stretch is felt on the outside of the foot. Maintain the position and relax.

2- Anterior tibialis stretch



Sit and cross your leg to bring the injured foot over the opposite knee. With your hand, bend the foot down and turn it outward (towards the little toe) until a stretch is felt on the top of the foot. Maintain the position and relax.



3- Fibularis stretch



Sit and bend your leg to bring the outside of the injured foot on the bed or the opposite knee. With your hand, bend the foot down and turn it inward (towards the big toe) until a stretch is felt on the outside of the foot. Maintain the position and relax.

4- Shin stretch



Kneel on the ground on a comfortable surface. Your feet should be pointed so the top of your feet is on the ground. Place a bolster on top of your calves, then sit straight down onto the bolster to stretch the shins.