Resistance Band Strengthening for your Feet /Ankle

DORSIFLEXION

**Dorsiflexion is the ankle movement of pulling the foot up towards the lower leg. This strengthens the muscle at the front of the lower leg.**

* Wrap the band around your mid foot.
* Either attach the ends to something sturdy at your foot end, or get someone to hold them for you.
* Start with the band taught when the foot is in plantarflexion (foot pointed away).
* Pull the foot up towards you as far as you can.
* Slowly return to the start position and repeat.

**Muscles Worked**

* [Tibialis Anterior.](http://www.sportsinjuryclinic.net/anatomy/human-muscles/tibialis-anterior)

**Related Injuries**

* [Sprained ankle.](http://www.sportsinjuryclinic.net/sport-injuries/ankle-achilles-shin-pain/sprained-ankle)
* [Shin splints](http://www.sportsinjuryclinic.net/sport-injuries/ankle-achilles-shin-pain/shin-splints)

PLANTAR FLEXION

**Plantar flexion is the ankle movement of moving the foot down, pointing the toes away from the body. Using a resistance band is an early stage exercise for calf strengthening.**

* A resistance band is wrapped around the forefoot with the ends held in both hands.
* Starting with the toes pointing up, the client pushes the foot down against the resistance of the band.
* This can be done with a bent knee to target the Soleus muscle more than Gastrocnemius.
* Return to the start position slowly and under control before repeating.

### Muscles Worked:

* [Gastrocnemius](http://www.sportsinjuryclinic.net/anatomy/human-muscles/gastrocnemius)
* [Soleus](http://www.sportsinjuryclinic.net/anatomy/human-muscles/soleus)
* [Tibialis posterior](http://www.sportsinjuryclinic.net/anatomy/human-muscles/tibialis-posterior)



**ANKLE**

**Eversion is the movement of turning the ankle so that the sole of the foot faces outwards. This exercise is important after an ankle sprain to help prevent future injuries**

* Sit on the floor with one end of the band wrapped around your foot and the other end fixed to something sturdy, close to the ground on the inside of the foot.
* Start with the band taught and evert your foot (rotate the foot so that the sole faces outwards).
* Slowly return to the starting position.

**Muscles Worked**

* [Peroneus Longus.](http://www.sportsinjuryclinic.net/anatomy/human-muscles/peroneus-longus)
* [Peroneus Brevis](http://www.sportsinjuryclinic.net/anatomy/human-muscles/peroneus-brevis).

**Inversion is the movement of turning the ankle so that the sole of the foot faces inwards. This strengthens the Tibialis muscles at the front (anterior) and back (posterior) of the lower leg.**

* Sit on the floor with one end of the band wrapped around your foot and the other end fixed to something sturdy, close to the ground to the side of the foot.
* Alternatively, get a friend to hold the ends for you as shown.
* Start with the band taught and invert your foot (rotate the foot so that the sole faces inwards).
* Slowly return to the starting position.

**Muscles Worked**

* [Tibialis Anterior.](http://www.sportsinjuryclinic.net/anatomy/human-muscles/tibialis-anterior)
* [Tibialis Posterior.](http://www.sportsinjuryclinic.net/anatomy/human-muscles/tibialis-posterior)

**Related Injuries**

* [Shin splints.](http://www.sportsinjuryclinic.net/sport-injuries/ankle-achilles-shin-pain/shin-splints)
* [Sprained ankle.](http://www.sportsinjuryclinic.net/sport-injuries/ankle-achilles-shin-pain/sprained-ankle)