Foot and Ankle Strengthening

The module contains foot and ankle exercises including 5 levels of exercise progressions from non-weight bearing to advanced.

It is organised into core foot movements and then specific strengthening exercises for the muscles that produce this movement. This module also contains exercise sequences, educational information as well as clinician/patient advice notes on many common foot and ankle disorders.

It is an ideal resource for lower limb therapists.

The content of this module can be sorted as follows:

**Sort 1:** Educational Information, Ankle Dorsiflexors, Ankle Plantarflexors, Ankle Combinations, Ankle Proprioception, Foot Pronaters, Foot Supinators, Foot Stabilization, Toe Flexors, Toe Extensors, Toe Aductors, Toe Adductors, Product Information.

**Sort 2:** Achilles Tendinopathy, Ankle Sprain, Athlete’s Foot, Bunions, Corns and Callus, Diabetes, Extensor Tendinopathy, Flexor Tendinopathy, Heel Spurs, Metatarsal Stress Fracture, Metatarsalgia, Morton’s Neuroma, Navicular Stress Fracture, Peroneal Tendinopathy, Plantar Fasciopathy, Sesamoiditis, Severe’s Heel Pain, Shin Splints, Tibialis Posterior Tendinopathy, Extensor Digitorum Longus, Extensor Hallucis Longus, Tibialis Anterior, Gastrocnemius, Plantaris, Soleus, Combinations, Proprioception, Peroneal Muscles, Tibialis Posterior, Flexor Digitorum, Flexor Hallucis, Extensor Digitorum, Extensor Hallucis, Dorsal Interossei, Plantar Interossei, Medial Longitudinal Arch, Transverse Arch, Preface, Author.


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Ashley graduated with distinction from Queensland University of Technology, Australia in 1998. He is now the senior director of The Foot Analysis Centre and www.footstrength.com and is a visiting lecturer at Queensland University of Technology. He continues to work clinically in private practice and presents at both conferences and courses internationally in the area of incorporating the use of exercise to treat injury and dysfunction of the foot and ankle. Ashley continues to author and publish numerous books, manuals, DVD’s and online courses on foot and ankle strengthening. He has also been integral in the development of the ArchCOACH®.
After you have successfully curled your fifth toe then follow with your fourth, third and second toe.

Take your weight onto this foot and begin to lower your heel downwards.

Roll your foot back in while maintaining the resistance the device applies.

Repeat _____ times.

Keeping your knees as still as possible roll your feet outwards and this will allow your arch to be rolled upwards.

Try to isolate the tibialis posterior muscle (the muscle highlighted). Use this muscle only to raise up the arch. Initially you may find other muscles such as the anterior tibial muscles try to do the work.

Note: Initially when attempting this exercise there is a tendency to lift the ball joint of the big toe off the ground. (To ensure Windlass activation make sure this joint is firmly pressed into the support surface throughout the arch raise).