



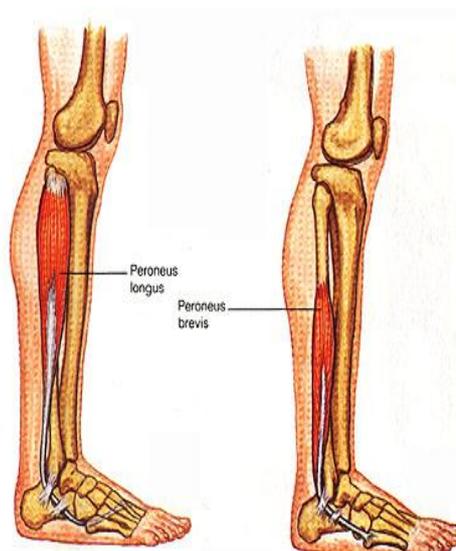
PATIENT INFORMATION

Strengthening exercises for Peroneal muscles

Our assessment has shown that the peroneal muscles in one or both of your lower legs is weakened, and may be contributing to any foot, ankle or lower limb pain that you may be experiencing.

The peroneal muscles *generally* act to plantarflex your foot, in other words they bend your foot down at the ankle. At the same time, they also cause your foot to turn outwards. Any deficiency in the strength of these muscles can lead to instability in the ankle, and a tendency to ankle sprains.

It is important to address this weakness, and so we have asked you to perform regular strengthening exercises to achieve this.



Steps to strengthen the peroneal muscles

Resistance Therapy

1. You will need a therapy band, which is basically a large elastic band. These can be acquired via physiotherapy supplies, e.g. see www.physiosupplies.com. Alternatively, they can be bought from the podiatry department. Further information can be found at the back of this hand-out.
2. Sit on a chair, next to a large, heavy item of furniture. Loop the therapy band around the furniture, i.e. around a sofa or table leg.



3. Loop the therapy band around the front half of your foot furthest from the item of furniture, and adjust your position until all slack is out of the elastic. Your foot and ankle should be turned inwards.
4. Now, keeping you heel on the floor to act as a pivot, slowly turn your foot outwards, against the resistance of the therapy band, and at the same time bend your foot upwards.

ENSURE THAT YOU ONLY ROTATE YOUR FOOT OUTWARDS, AND NOT YOUR LOWER LEG.

YOUR KNEES SHOULD REMAIN STATIONARY.

! STOP THE STRENGTHENING EXERCISE IF YOU START TO EXPERIENCE PAIN!

5. If no resistance is felt, move your chair slightly further away from the furniture the band is attached to.
6. Once your foot has pivoted around as far as it can go, hold for 2 seconds then slowly allow your foot to pivot back to its starting position.



7. Repeat this process for 5 minutes.
8. Repeat for the other leg (you will need to either turn your chair around or use another piece of furniture to exercise the other leg).

As you find the ease of the exercise increasing, as your muscle strength increases, switch to the next grade of resistance band – see back page for further details.

Alternatively, sit on the floor, next to the table, and perform the exercise as shown in the following photographs:

1. Loop the therapy band around a table leg, and around the outside of the foot that you are exercising. Your foot should be turned inwards, and towards the floor, as shown in the image on the right.
2. Against resistance, move your foot outwards as shown in the second image.
3. If no resistance is felt, shorten the therapy band, or move your leg further away from the table.



Stop the above exercises if you start to feel pain