

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1070>

## **Standing Inner Foot Raise:**

### **Exercise Purpose:**

To activate and strengthen your tibialis posterior muscle (on the inside of your shin)



### **Key Points:**

- Stand on one leg with your foot and toes flat on the ground
- Hold onto the wall gently with 1 arm
- Slowly try to raise your inner arch up towards the ceiling (using the foot that is on the ground)
- Think about raising the inside of your foot up towards the ceiling. It should only move up to 0.5 cm's
- Keep your toes flat on the ground and the rest of your foot still. Do not curl your toes
- Then slowly let the arch lower again towards the ground. Try to control this as much as possible. It should take 2-3 seconds to lower up to 0.5 cm's
- Breathe gently throughout
- Repeat the desired amount of times

\*If you see a large muscle activating on the front of your ankle during this exercise it is most likely your tibialis anterior is working too much. If you are unable to relax this muscle during this exercise then please discuss this with your therapist.