

Common Faults Seen in the Lower Limb during Assessment:



HOW TO FIX:

1. **STRETCH** Tight muscles
2. **STRENGTHEN** Weak muscles
3. Improve Balance
4. Improve Integration

Feet collapse or flatten; Toes point out; Knees bow in or Knees bow out; Torso leans forward; Hips shift / rotate

Static / Dynamic Release (Lower Leg / Feet)



1. Tennis ball behind lower leg; find a tender spot; hold for up to 60 sec
2. Tennis ball behind lower leg but at top outer calf area; repeat above
3. Place small roller behind lower leg; bend foot up / down over tender spot
4. Roll onto outer leg and place small roller underneath; bend foot up / down over tender spot

Active Flexibility (Lower Leg / Feet)



1. Lean against wall; step one leg forward and to the side; keep rear heel on floor with foot slightly turned in resting on floor; keep glutes, quadriceps and knee tight; lean forward
2. Place front of feet on roller / towel; keep heels on ground; turn feet in; keep glutes and knees tight; lean forward
3. Place feet shoulder width apart; hands up beside head; squat down as far as possible using glutes and “driving and pulling” knees forward and bending ankles

Strengthening / Integration (Lower Leg / Feet)



Stand on one foot using chair for support if needed; squeeze foot by “pulling heel and toes together” making a “small foot” and keeping the arch of the foot; squat down several times keeping your knee inline with the foot



Stand on one foot; opposite foot rests just behind the heel; slowly reach down with opposite arm trying to touch the toes; use slight bend in knees but keep the hips, glutes and foot tight



Lying down with leg extended and strap wrapped around the base of ankle; pull foot upwards and inwards while flexing toes; keep leg straight



207 Hurontario St., Unit 4
Collingwood L9Y 2M1
(705) 445 7000
www.motishealth.com