

Podiatry Services

Patient Information Leaflet

Peroneal Conditioning - Exercise Band

(V1 February 2023)

You will need a therapy band, which is basically a large elastic band. These can be acquired via physiotherapy supplies, such as www.physiosupplies.com and www.amazon.co.uk – other sites are available.

Sit on a chair, or the floor, next to a large heavy item of furniture. Loop the therapy band around the furniture, i.e. around a sofa or table leg.

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.

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.

Slowly return your foot to the starting position. See video link <https://bit.ly/3fCLlbo>. Choose No 9.

Ensure that you only rotate your foot outwards, and not your lower leg. Your knees should remain stationary.

Important: Stop the exercise if you start to experience pain beyond your tolerance.

If no resistance is felt, move your chair slightly further away from the furniture the band is attached to.

Do as many as possible until your ankle/leg feels tired. 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).

If you have any questions about the information in this leaflet, please contact Podiatry Services. Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website: www.livewellsouthwest.co.uk/project/podiatry

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