

## Exercise Band - Combined

V1 September 2025

- The aim is for the exercise to feel **challenging but manageable**.
- Some discomfort during the exercise is okay but change between difficulty levels to find a level of symptom tolerance and stop if the pain becomes more than tolerable.
- Aim to do 1-3 sets every other day or 2-3 times per week.
- **Only move your foot and ankle** — keep your knee and leg still.
- Perform on both legs until your ankle/leg feels tired.

**Caution:** It is normal to feel calf muscle soreness or aching in the first few days/weeks. This should ease as your body adapts.

**You'll need a therapy (resistance) band** - available from [www.physiosupplies.com](http://www.physiosupplies.com) or [www.amazon.co.uk](http://www.amazon.co.uk)

All exercises are performed sitting on a chair or the floor.

### To make the exercise harder:

1. If resistance feels too light, increase the tightness of the band by taking up further slack or
2. Increase the band difficulty type (usually denoted by the colour)
3. Perform an extra set



### Peroneals

1. Loop the band around the front half of your foot, holding the other end with your hands or tie it around a heavy piece of furniture.
2. Remove all slack from the band — your foot should point slightly inwards and downwards.
3. Keep your heel on the floor. Slowly point your foot and toes away, then slowly return to the starting position, taking 4 seconds for each movement.

See video link: <https://bit.ly/3fCLlbo>. Choose No 9.



### Tibialis Posterior

1. Loop the band around the front half of your foot, holding the other end with your hands or tie it around a heavy piece of furniture.
2. Adjust your position until the band has no slack — your foot and ankle should be turned slightly inwards and downwards.
3. Keep your heel on the floor as a pivot.
4. Slowly turn your foot further inwards against the band's resistance taking 4 seconds to do so.
5. Slowly return to the start position taking 4 seconds to do so.



See video link: <https://bit.ly/3fCLlB0>. Choose No 1.

### Tibialis Anterior

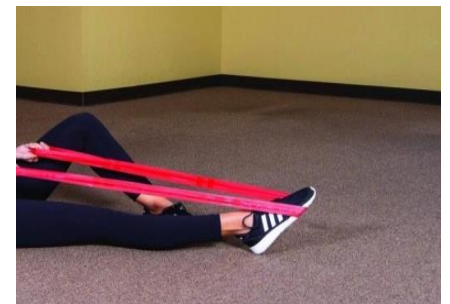
1. Sit on a chair or the floor facing a heavy piece of furniture (e.g. sofa or table leg).
2. Loop the therapy band around the furniture and the front half of your foot.
3. Adjust your position until the band has no slack.
4. Keep your heel on the floor as a pivot.
5. Slowly bend your foot upwards towards you, against the band's resistance taking 4 seconds to do so.
6. Slowly return to the start position taking 4 seconds to do so.



See video link: <https://bit.ly/3fCLlB0>. Choose No 4

### Calf/Achilles

1. Loop the band around the front half of your foot, holding the other end with your hands.
2. Remove all slack from the band — your foot should point slightly toward you and your knee should be straight.
3. Keep your heel on the floor. Slowly point your foot and toes away, then slowly return to the starting position. Take 4 seconds for each movement.



See video link: <https://bit.ly/3fCLlB0> - Choose No 14

**If you have any questions about the information in this leaflet,  
please contact Podiatry Services.**

For more information about our services and how to manage common foot problems at home, please visit our website: [www.livewellsouthwest.co.uk/project/podiatry](http://www.livewellsouthwest.co.uk/project/podiatry)

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