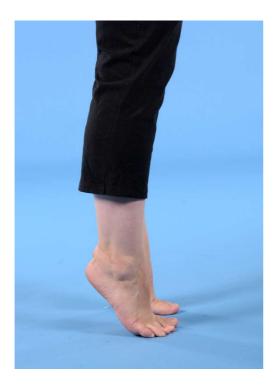
Tibialis Posterior Strengthening



- Start with a double leg stance, barefoot
 Rise up onto tip toes and hold for 5 seconds
 Slowly lower heels to half way position and hold for 5 seconds
 Repeat 10 times, two to three times daily





5. Progress this by doing the above exercise single leg

