



ANTERIOR TIBIALIS STRENGTHENING INSTRUCTIONS

Perform this strengthening exercise daily to help adjust to your Sole Supports orthotics. It is a great tool to use everyday in addition to your orthotics for preventing injury.

Heel Walking

Walk so that your toes are above your heel. Walking on your heels makes you use the muscles that help support your arch. Build up to at least 2 minutes per day and then more if tolerated.

