Erbst OrthoSport
Physical Therapy

## Anterior Tibialis/Anterior Ankle Stretch

Roll up towel and place under forefoot/toes as shown. You may also choose to place pillow behind knees for comfort. Lean back, bringing buttocks towards heels. Stretch should be felt in front of foot and lower leg. Hold 30-60 seconds, repeat twice, 1-2 times per day.

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