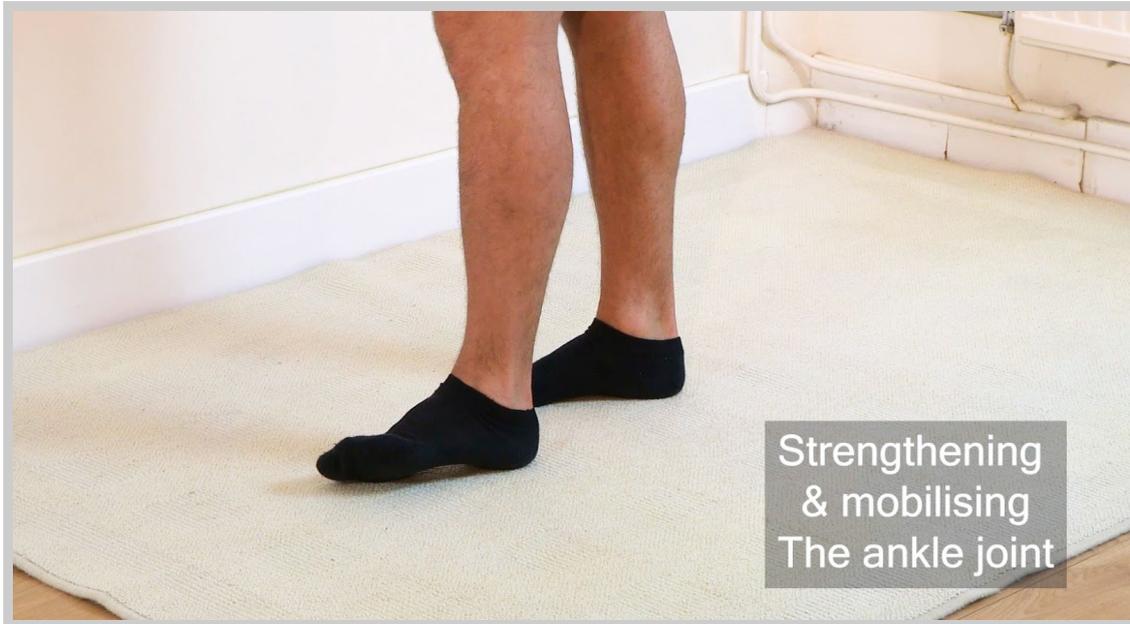


FOOT INVERSION-EVERSION EXERCISE

FOOT151



AREAS AFFECTED

**Peronei muscles
Tibialis muscles
The ankle joint**

ADVICE

Whilst standing attempt to turn your foot inwards and then outwards. Twist the ankle all the way and pause. Repeat.