

## Tibial Torsion Exercise



**Indications** Knee pain from tibial torsion.

**Cautions** Stop if there is any pain, as this exercise should be pain free.  
When moving forward do not bring your knee in front of your foot.

- Technique**
1. Place your foot on a chair and then wrap a stretching strap around your ankle so that it will rotate your calf internally when you pull on it.
  2. With your knee relatively straight pull enough tension on the stretching strap to have your foot point straight forward.
  3. While maintaining tension on the strap move forward so that your foot is above your ankle. Move back and forth 10 times.

**Video** Video of this exercise is in the free section of the massage technique library at [MassageLibrary.com](http://MassageLibrary.com)

