



Corrective Exercise Training

Foot and Ankle Impairment: Feet Turn Out

NAME:

DATE:

TRAINER:

DAYS/WEEK: 3

INHIBIT	Sets	Duration	Notes
1. Bilateral Gastrocnemius (lateral head)	1-2 sets	30-90 sec.	
2. Bilateral Biceps Femoris (short head)	1-2 sets	30-90 sec.	
3. Bilateral TFL / IT Band	1-2 sets	30-90 sec.	

LENGTHEN	Sets	Duration	Notes
1. Bilateral Gastrocnemius (lateral head)	1-2 sets	30-60 sec.	
2. Bilateral TFL	1-2 sets	30-60 sec.	
3. Bilateral Biceps Femoris (short head)	1-2 sets	2-4 sec.	Active stretching using 10 repetitions

ACTIVATE	Sets	Reps	Tempo	Rest	Notes
1. Cable or tubing resisted dorsi flexion	1-2	12/leg	4/2/2		(Targets anterior tibialis)
2. Cable or tubing resisted plantar flexion w/inversion	1-2	12/leg	4/2/2		(Targets posterior tibialis)
3. Cable SL leg curl w/tibial internal rotation	1-2	12/leg	4/2/2		(Targets medial hamstring)
4. Calf raise w/toes turned inward	1-2	12/leg	4/2/2		(Targets medial gastrocnemius)

INTEGRATE	Sets	Reps	Tempo	Rest	Notes
1. Multiplanar SL Balance-Reach	1-3	12	Slow		6 reps on each leg
2. Tube Walking	1-3	12	Slow		
3. Ball Squat, Curl to Overhead Press	1-3	12	Slow		
4. Multiplanar Step-up to Balance	1-3	12	Slow		6 reps on each leg
5. Multiplanar Lunge to Balance	1-3	12	Slow		
6. Multiplanar Hop with Stabilization	1-3	12	Slow		