

## ARCHCOACH™ ARCH ROLL-UPS



For arch exercises the ArchCOACH™ strap must course from on top of the foot around under the arch of the foot and is held up by the same hand as the foot you are strengthening.

The ArchCOACH™ “X” gives a guide to the direction in which to apply the strap. For arch exercises attach the strap at the front outside of the top of the foot and attach it so that the ArchCOACH™ Velcro® runs diagonally across the ArchCOACH™ “X” as shown in the picture at the top right.

Next apply resistance via pulling the strap onto the desired tension. Similar to a normal arch roll up keep your knees as still as possible while you supinate your feet (roll outwards). This will allow your arch to be rolled upwards.

To be done perfectly the great toe joint must remain on the ground at all times - (This is called plantar flexion of the first ray - it is important that this occurs in conjunction with the arch being raised upwards by the tibialis posterior muscle).

During this exercise try to isolate the tibialis posterior muscle (the muscle highlighted). Use this muscle only to raise the arch. Initially you may find other muscles such as the anterior tibial muscles try to do the work. Once one roll-up has been performed then allow the foot to relax back to normal. Then repeat.

