

Exercise 3.2: Seated Arch Roll-Ups

Description: Seated arch roll-ups are a basic way of learning how to raise your arches using the correct musculature - the posterior tibial muscle group.

When doing this exercise position the feet 10cm apart keeping the toes and ball of foot in contact with the ground if possible.

Keeping your knees as still as possible supinate your feet (roll outwards) and this will allow your arch to be rolled upwards.



During this exercise try to isolate the tibialis posterior muscle (the muscle highlighted). Use this muscle only to raise up 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.

Suggested Protocol:

Beginners: Start with 1 set of 10 repetitions.

Intermediate: Progress to 3 sets of 20 repetitions.

Athletes: Try 5 sets of 50 repetitions.

©Ashley Mahoney1998-2005