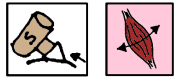
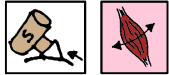


# -Lateral Low Leg-

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## Steps



☞ Position>The client is in the side position with a pillow or towel supporting the upper leg. The therapist stands at the lateral foot of the table facing the client's shins.

1) With the thumbs together, **glide** superiorly from 1" above the lateral malleolus to the head of the fibula. *Repeat 6-8x.*

- This treats the peroneus longus and peroneus brevis.

2) With the small T-bar, **sweep** and **cross-fiber** the tendon of the peroneus brevis to its insertion on the 5th metatarsal. Then **sweep** and **cross-fiber** the tendon of the peroneus longus to its groove in the cuboid bone.

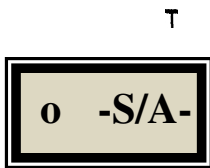
- Eversion of the foot exposes this tendon.
- Be sure to treat these tendons behind the lateral malleolus.

☞ Position>The client changes to the prone position.

3) With the small T-bar, continue to **sweep** and **cross-fiber** the tendon of the peroneus longus as it emerges through the groove at the cuboid bone and inserts at the 1st metatarsal and median cuneiform bone.

- Peroneus longus usually attaches to the highest part of the arch.

## Summary



☞ Position>The client is in the side position with a pillow or towel supporting the upper leg. The therapist stands at the lateral foot of the table facing the client's shins.

1)  lateral malleolus to top of fibula 6-8x

2)  tendon of peroneus brevis & peroneus longus (lateral foot)

☞ Position>Client changes to the prone position.

3)  tendon of peroneus longus (plantar foot)