



Performing
Arts
Physical
Therapy

Anterior Tibialis Release



Figure 1. Pink Ball Placement

- I. Pink Ball Placement : Place ball in area of right shin muscle
Refer to Figure 1
- II. Release Technique: Sit back on heels (Figures 2a & b)
Roll around on ball until you find the most tight/tender area
Shift body weight to the right to increase pressure of ball on tight/tender area
Hold for at least 30 seconds
Repeat as above in all tight/tender areas of the posterior shoulder
Repeat other side



Figure 2a. Release Technique – Front View



Figure 2b. Release Technique – Side View