

## Releasing Joint Restrictions:

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Front of Ankle Top of foot

**For: Toe, Foot or ankle pain**

2X/day check for tender points (Restriction Indicators). Treat worst points first. Keep tender point turned off to achieve long-term control of symptoms.

### **Restriction Indicator (RI):**

Pushing on top of foot above toes-on foot bone. Or front of ankle bone.

**Movement Combination:** Fold 2 toes (toe of tender point bone and 1 next to it) toward tender point on top of foot. Or pull full foot up toward front of ankle (use a belt around ball of foot to hold it up).



Recheck RI in same direction with same amount of pressure. Find position of the foot that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Do not remove finger from tender point but stop pressing.