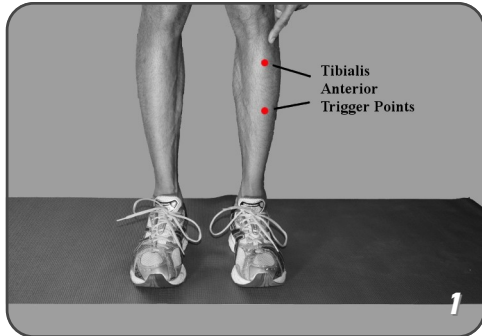
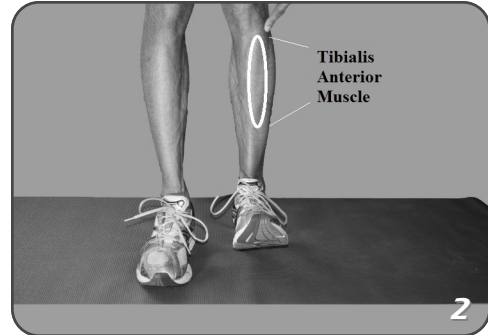


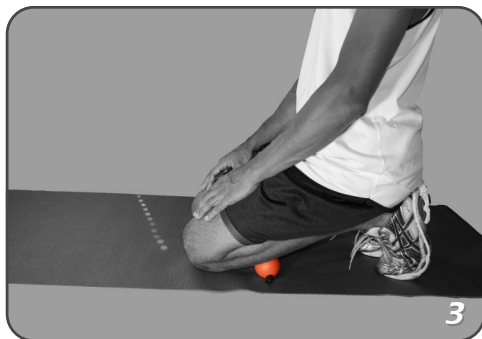
**THE TIBIALIS ANTERIOR TRIGGER POINT**  
Featuring "The Ball"



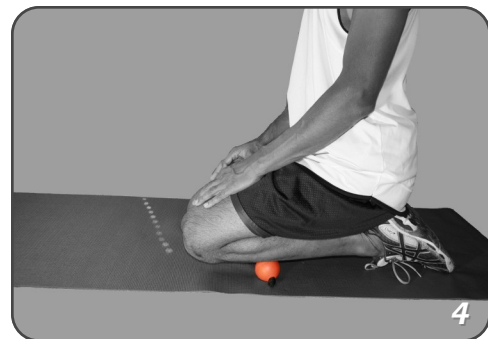
1. LOCATE— The tibialis anterior is located on the front of the lower leg just lateral to the tibia. There are two trigger points for this muscle.



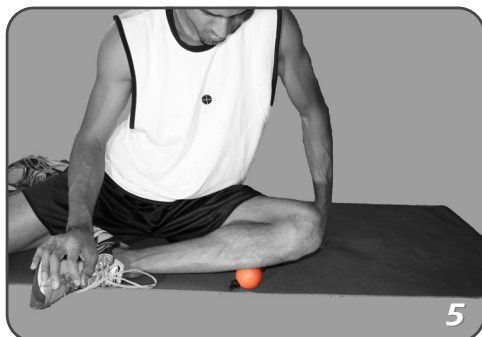
2. ACTION— When you lift your foot, the tibialis anterior contracts. The action of the TA is opposite that of the calf muscles.



3. PRESS—Place the Ball under the first trigger point as shown in the picture above. Hold this position for 20-30 seconds. Many times, this position is enough to release the trigger point.



4. STRETCH—This position works the trigger point while stretching the muscle. Note the position of the foot in the picture. Hold for 20-30 seconds.



5. ALT—This is an alternate position for deactivating the TA trigger points. This position allows for more control of applied pressure. Work both trigger points on each leg.

**BENEFITS**

- ⊕ Reduce top of foot pain
- ⊕ Reduce big toe pain
- ⊕ Treats "turf toe" pain
- ⊕ Alleviate foot pain from driving
- ⊕ Addresses certain drop-foot conditions
- ⊕ Soothe aching, tired feet