

Windshield Wipers (Tibial Torsion)

Tibial Torsion Exercise (Windshield Wipers)



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Perform this exercise only one leg at a time, without any shoes.

- 1) Begin while seated with your knees and hips at 90 degrees flexion, with your ankle directly underneath your knee and your feet flat on the floor.
- 2) Laterally rotate your ankle (turning your foot to point outward) while maintaining full contact with the ground, until just before you feel your smallest toe being forced away from the floor.
- 3) Hold that position for 1-2 slow deep breaths, then slowly return to neutral.
- 4) Now go into medial rotation (turning your foot to point inward) while maintaining full contact with the ground, until just before you feel your big toe being forced away from the floor.
- 5) Hold that position for 1-2 slow deep breaths, then slowly return to neutral.
- 6) Repeat this exercise 3-5 reps per set, whenever you have an opportunity during the day.