

Exercise Therapy

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MANUAL MUSCLE TESTING FOR TIBIALIS ANTERIOR

Origin: Lateral condyle and upper two-thirds of the lateral surface of the tibia, interosseous membrane.

Insertion: Medial cuneiform and base of the first metatarsal bone

Nerve Supply: Deep peroneal (fibular) nerve

Action: Dorsiflexes the ankle and inverts the foot; assists in maintaining the medial longitudinal arch

Clinical Relevance: Weakness or paralysis causes **foot drop**, leading to difficulty in dorsiflexion during gait

Testing:

Patient Position: Sitting on edge of the bed (with knee joint flexed) or Supine.

Stabilization: The therapist fixes the leg above ankle with one hand

Hand placement: On the medial side of the foot, fingers on the dorsal surface of the foot

Patient movement: Patient will do inversion with dorsiflexion of the foot without extension of the great toe

Resistance: The therapist applies the resistance to the foot in downward and outward direction, resisting the inversion and dorsiflexion



Reference: Kisner, Carolyn Therapeutic exercise: foundations and techniques / Carolyn Kisner, Lynn Allen Colby. — 5th ed.

Henry O Kendall, Florence P Kendall and William Anthony Romani. *Muscles: Testing and Function*.

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