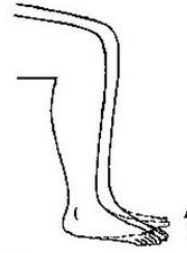


Foot Intrinsic Exercises

1. Toe Raises

While keeping the balls of your feet and your heels on the ground, lift your toes off the ground as far as possible. Return your toes back to the ground. Repeat.

Perform 2 sets of 20 repetitions.



2. Heel Raises

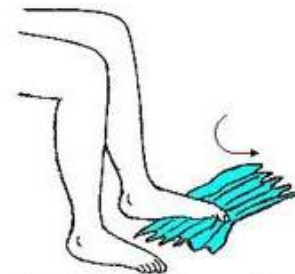
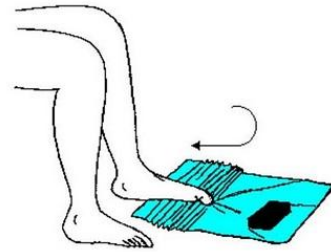
Raise your heels up slowly by going into a tip toe, and then slowly drop the heels back down. To increase difficulty, can be done on single leg.

Perform 2 sets of 20 repetitions.



3. Towel Crunches

1. *Toe Flexion*: Place a towel on a slick surface lengthwise away from you, and put your foot on one end of the towel. Gather the towel under your foot by moving it with your toes. Continue until the entire towel has been gathered or "crunched".
2. *Toe Extension*: Place a gathered towel under your toes on a slick surface. Straighten out the towel by moving it with your toes. Continue until the entire towel is straight.



4. Object Pick-Up

Place 20-30 small objects (marble, jacks, etc) on the floor. Pick up one at a time with your toes and put each object in the storage container.

Perform 4 sets.

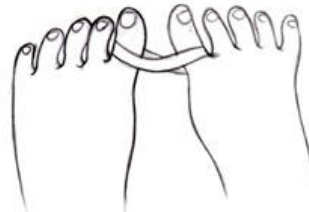


5. Rubber Band Reps

1. Spread It Out: Wrap a thick rubber band around your toes and spread them out, focusing on the resistance of the band. Hold for 5 seconds and repeat 10 times on each foot.
2. Pull-Apart: Wrap a thick rubber band around your big toes and pull them away from each other. Hold for 5 seconds and repeat 10 times on each foot.



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6. Tennis Ball Arch Massage

Roll a golf ball or tennis ball under the ball and arch of your foot for 2 minutes. Repeat on the other foot.



7. Calf and Achilles Stretch

1. *Calf Stretch*: Stand with your hands against a wall and your injured leg behind your other leg. With your injured leg straight, your heel flat on the floor and your foot pointed straight ahead, lean slowly forward, bending the other leg.

2. *Achilles Stretch*: This time, bend your injured leg slightly.

2 Sets of 30 seconds for each stretch.

