



Foot Intrinsic

Position your foot flat on the floor. Place a rubber band or hair tie around your toes and stretch it by drawing your toes apart. Make sure the toes stay in contact with the floor at all times to avoid curling of toes.

Repeat 20 Times

Complete 2 Sets

Hold 2 Seconds

Perform 1 Times a Day



MARBLE PICK UPS

Place several marbles, dice, a pencil, or other small items on the floor and pick them up using your toes as shown. Place them in a cup or bowl and repeat. If you can't place them in a cup, just move the items a few inches in one direction. Make sure to repeat and go BOTH directions. Video # VVM5XBF2J

Repeat 15 Times

Complete 2 Sets

Hold 1 Second

Perform 1 Times a Day



Arch Raises

Throughout the exercise all toes are to remain in contact with the floor.

Slowly slide the "ball of your foot" toward your heel. This should make your arch raise upwards.

Slowly allow your foot to slide back to starting position.

Repeat 15 Times

Complete 3 Sets

Hold 2 Seconds

Perform 1 Times a Day



TOWEL CURLS - TOWEL SCRUNCHES

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.
Video # VVSSVNRG8

Repeat 10 Times
Complete 4 Sets

Hold 1 Second
Perform 1 Times a Day



Seated Heel Raises

Start: Seated in chair, with upright posture and feet flat on floor.

Movement: Raise both heels off the floor as high as possible, keeping toes in contact with floor.

End: Lower heels back to floor. Repeat.

Repeat 10 Times
Complete 3 Sets

Hold 2 Seconds
Perform 1 Times a Day



BALL STM - PLANTAR FASCIA

While seated, place a small ball under the arch of your foot and press into it while rolling it around.

Use this form of self-soft tissue massage technique for the arch of the foot. Video # VVL4SK43G

Repeat 1 Time
Complete 1 Set

Hold 2 Minutes
Perform 1 Times a Day



Towel Stretch

Place a towel around the foot as shown. Pull the ends of the towel toward the body stretching the calf. Keep the foot even during the pull.

Repeat 1 Time
Complete 3 Sets

Hold 30 Seconds
Perform 1 Times a Day



Plantar Fascia Foot Stretch

1. While sitting cross your affected foot over your opposite knee.
2. With shoes off, grasp the base of all 5 toes with your hand.
3. Pull toes back toward shin until stretch is felt in arch of foot.
4. Hold stretch for 30 seconds. Repeat 3 times.

Repeat 1 Time
Complete 3 Sets

Hold 30 Seconds
Perform 1 Times a Day