

Foot Strengthening Exercises

Short foot:

- 1) Sit in a chair with both feet placed flat on the floor
- 2) Raise the arch of your foot by sliding your big toe toward your heel without curling your toes or lifting your heel
- 3) Hold the position for 6 seconds then relax and repeat for the recommended number of set and repetitions. Variations can be performed by moving the feet farther away from you or turning the foot inward or outward to challenge the muscles from different positions.
- 4) Once you feel comfortable performing the short foot movement you can gradually progress to performing the exercise while standing and then eventually from a single-leg standing position.



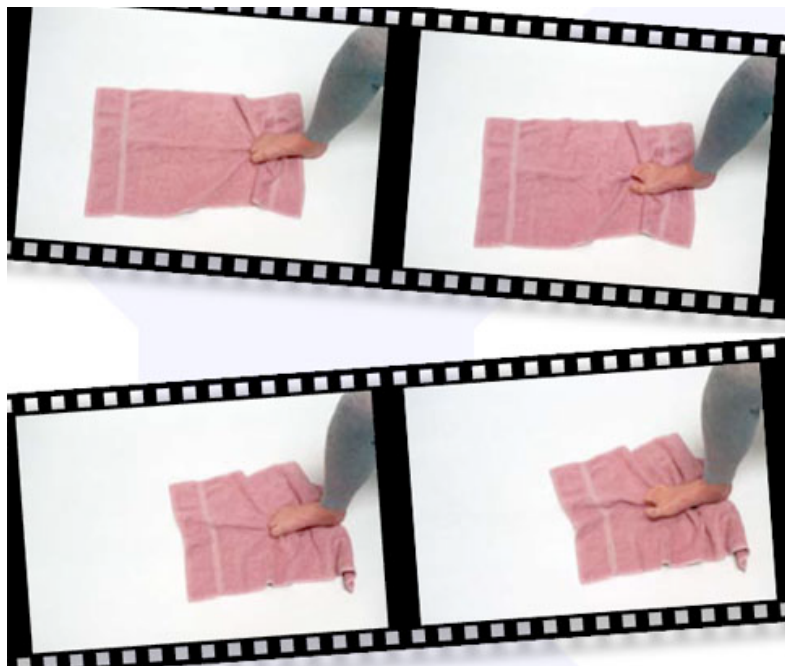
Marble drop:

Develop strength and control of the foot muscles by putting 10 marbles on the floor - using your toes pick up the marbles and place in a cup. Do two sets with each foot.



Towel scrunch:

- 1) While seated in a chair place a hand towel on the floor. The surface should be smooth, such as a tile or wooden floor (carpet is not recommended).
- 2) While keeping your heel on the ground, curl your toes and grab the towel with your toes to scrunch the towel.
- 3) Let go, and continue scrunching up the entire length of the towel.
- 4) When you reach the end of the towel, reverse the action by grabbing the towel with your toes, scrunching it, and pushing it away from you.



Repeat, until you have pushed the entire length of the towel away from you.

To increase strength, later use 3 lb (1.5 kg) to 5 lb (2.5 kg) weights (such as a large can of fruit or vegetables) on the other end of the towel.

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