

FOOT INTRINSIC STRENGTHENING



The intrinsic foot muscles are responsible for fine motor actions of the foot, and they support the arch of the foot and help to maintain balance and stability for proper gait.

TOE LIFT

While standing, start by lifting your big toe upward but keep your other four toes and heel on the ground.

Next, keep your big toe and heel on the ground and lift your four other toes.

Repeat each exercise 10 times and do 3 repetitions for each foot.

TOE CURL

Place a towel flat under your feet.

While you are sitting, curl your toes to bunch the towel and then release.

Repeat this exercise 10 times and do 3 repetitions for each foot.

MARBLE GAME

Place a towel flat under your feet and pour a cup of approximately 10 marbles onto the towel.

Place a cup next to the towel and while sitting, use your toes to pick up the marbles and place them into the cup.

Repeat this exercise 3 times for each foot.

TOE LIFT AND LOWER

Standing, lift the big toe, while keeping the other toes on the ground.

Next, raise the second toe to meet the big toe, while keeping the other toes down.

Repeat until all five toes are lifted.

Then start at the pinky toe and work towards the big toe.

Repeat this exercise 5 times for each foot.

BIG TOE STRETCH

Sitting with legs straight out, pull back the big toe and hold.

Repeat this stretch 3 times, holding the toe for 20 seconds each time.

FOOT DOMING EXERCISE

Standing, press the tips of the toes down into the floor, creating a dome with your forefoot.

Ensure that the toes stay long and straight.

Repeat 15 times and do 3 repetitions for each foot.

PLEASE NOTE: If symptoms persist, you should ask your doctor for a referral to a physical therapist.