

EXERCISES FOR INTRINSIC FOOT MUSCLES

1. Plant 4 outside toes and lift big toe. Hold 10 seconds. Repeat 5 times. If you need assistance, hold toes up or down with your fingers until you can do it without help.
2. Plant big toe and raise 4 outside toes. Hold 10 seconds. Repeat 5 times. See above.
3. Squeeze toes together without flexing or bending the toes. Hold for 10 sec. Repeat 5 times.
4. Extend and spread all 5 toes. Starting with the 5th toe, place each toe on the ground separately ending with the big toe. Repeat 5 times.
5. Place towel or sheet of paper flat on the ground. Starting at the base of the towel/paper, gather it with your toes and (in a curling motion, as pictured) move it toward you until finished. Repeat 5 times.

