

**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 1 Time

Complete 5 Sets

Perform 1 Times a Day

**TOWEL SLIDES - EVERSION**

While seated, use a towel and slide it with your foot across the floor in an outward direction.

Be sure to keep your heel in contact with the floor the entire time.
Video # VVYD3YUZR

Repeat 1 Time

Complete 5 Sets

Perform 1 Times a Day

**TOWEL SLIDES - INVERSION**

While seated, use a towel and slide it with your foot across the floor in an inward direction.

Be sure to keep your heel in contact with the floor the entire time.
Video # VVPMVVR4F

Repeat 1 Time

Complete 5 Sets

Perform 1 Times a Day



ARCH LIFTS

Start with your foot on the floor. Raise up the arch of your foot while maintaining your big toe, ball of your foot and heel on the floor the entire time. Video # VV69K9V8V

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



Toe Splay

Starting with the foot relaxed, spread the toes as far apart as you can. Hold the stretch for 2-3 seconds then relax. Repeat for 2-3 minutes.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day



Toe Series - Toe Yoga

Sit with knee stacked above ankle. Maintain the ball of the foot and heel on the floor the entire exercise.

- 1) Lift the big toe, keeping the little toes planted on the floor.
- 2) Lift the little toes, keeping the big toe planted on the floor.

Repeat 10 Times
Complete 3 Sets

Perform 1 Times a Day



TOE INTRINSICS

IN THE SITTING POSITION, LEG OUT IN FRONT OF YOU, PULL FOOT BACK TOWARDS YOU WHILE CURLING TOES HOLD 5 SECONDS, THEN POINT FOOT AWAY FROM YOU WHILE SPREADING YOUR TOES HOLD 5 SECONDS.

Repeat 10 Times

Complete 3 Sets

Hold 5 Seconds

Perform 1 Times a Day