

# STRENGTHENING EXERCISES INTRINSIC MUSCLES OF THE FOOT



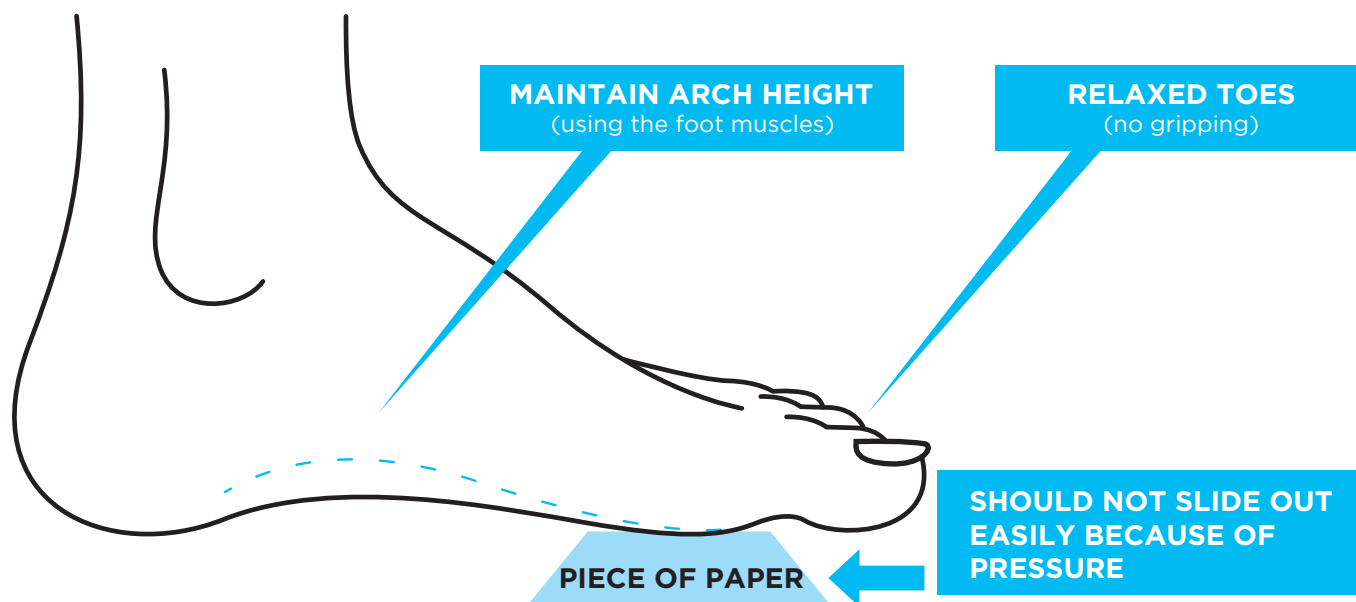
## STEP BY STEP:

- Stand on both feet
- Raise the inside part of the foot (inversion)
- Lower the big toe while maintaining the foot arch elevated
- Ensure there is pressure on the ball of the foot, at the metatarsal heads
- The toes should be relaxed (no gripping)
- Hold for 10 seconds. Relax for a few seconds and repeat.

### GOAL

\_\_\_\_\_ x 10 seconds

\_\_\_\_\_ times per day



## PROGRESSION

- Single leg stance
- Combine with a squat movement (2 legs, 1 leg)
- Go up on toes (2 legs, 1 leg)
- Hopping (2 legs, 1 leg)

## OTHER TIPS

- Walk or run barefoot
- Gradually wean off foot orthotics and other external supports
- Select shoes with a greater score on the Minimalist Index

