

Exercise Prescription: Intrinsic Foot Strengthening 1

Purpose of Exercise:

This is a drill to begin to activate the short muscles on the bottom of the feet.

Starting Position:

Standing or sitting with your feet flat on the ground. A towel may be placed under the toes to assist with learning this exercise. It is easier to learn this exercise with bare feet but once you have decent control over these muscles you may complete this drill in your shoes throughout the day.

Exercise Description:

Try to bring the ball of your foot towards your heel while keeping your foot flat. You may try to slide a towel along the ground towards your heel with this motion. Hold for 5-6 seconds and then relax and repeat.

Complete this exercise 3-4 times per day with each foot.

Pictures:

