

## **Exercise Prescription: Intrinsic Foot Strengthening 2**

### 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. 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:

Begin by planting the lateral 4 toes into the ground and lifting your big toe as high as you can (1). Hold this position for as long as you can (work up to a 2 minute hold).

Now, planting the big toe into the ground, lift your lateral 4 toes as high as you can and hold for as long as you can (2). If you have trouble lifting the toes, you may help by holding down the non-moving toes with your hand.

Complete this exercise 3-4 times per day.

### Pictures:

