

FOOT/FOUNDATION EXERCISES

1) Roll a ball under the feet.



Aim for 90 seconds on each foot. This will help to move fluid through the tissues and wake up your foot's sensory receptors. The brain actually uses this sensory information to map out your feet, improving your motor control. This step starts a conversation between your feet & your brain.

2) Toe spreads and squeezes

Try raising just the big toe 10 times on each foot. Then just the outside 4 toes 10 times. Then spread the toes wide 10 times. Finish up by squeezing the toes in together 10 times. After waking up the feet in Step 1, these exercises will help reinforce your brain's foot maps. Perform 3 sets of each.

3) Foot Doming



Sit down with your feet flat on the floor. Tighten the arch by pulling the big toe straight back toward your heel. Try not to curl your toes. Hold for 3-5 seconds.

4) Quadruped Toe Rocking



Get on hands & knees with toes tucked under. Rock back toward your heels, and use your toes to push yourself forward. Try this rock 10 times, then rest in a kneeling position with toes tucked under. The brain & nervous system love function. If you use these movements to demonstrate a use for that new range of motion, you're more likely to retain it. Perform 3 times.

5) Towel Scrunch with toes



While seated, use a towel and draw it back towards you using your toes. Curl your toes inward, keeping your heel in contact with the floor. Then spread the towel back out. Perform 5 times.