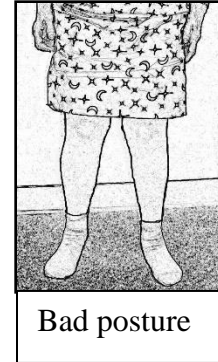


Foot Arch Strength Exercises

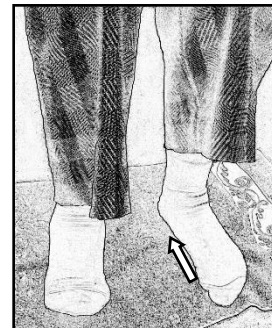
1. **Leg Posture Practice** - Keep point of pelvis (ASIS), center of knee, and 2nd toe or shoe point in the same line looking downward or straight into a mirror.

Practice in:

- a. Standing
- b. Slow walk
- c. Fast walk
- d. Big steps
- e. Backward
- f. Sideways



2. **Towel Scrunch Exercise** – sit with feet on dry towel placed on non-carpeted floor. Keeping heel down, lift arch and curl big toe toward your heel so that you “scrunch” the towel under your arch. Switch between left and right foot for 30-60 seconds. Always follow with 30 second calf/ plantar fascia stretch.



3. **Big Toe Strength** – Sit with your foot flat on the floor and move your big toe out to the side as far as it will go. If you are unable to “find” the muscle that makes it move, use your other finger to help the toe to move sideways by stroking the muscle from the last “knuckle” of the toe, up toward your heel.

