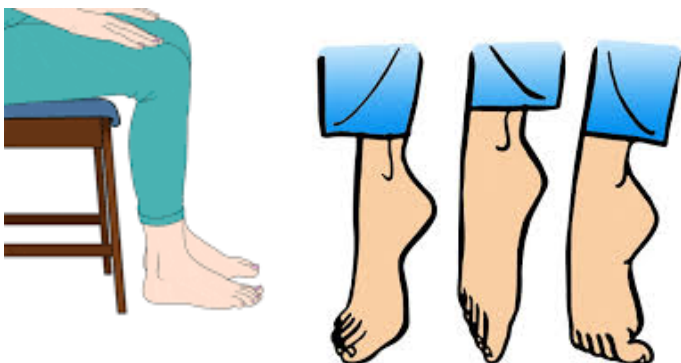


Foot exercises

Summary

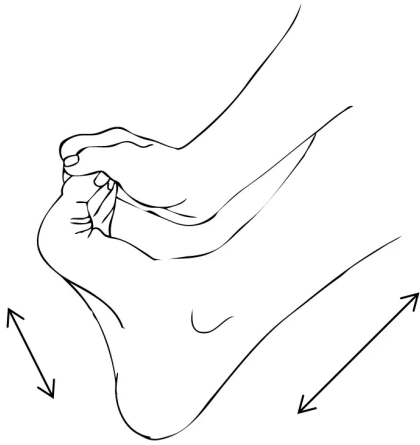
- These exercises aim to improve the ease your foot pain and should be performed 2-3 times per day, 4-5 days a week.
- *Aim to complete 3 sets of 10-15 reps as you are able to.*
- *Start with 5-10 reps of each exercise and gradually build this up.*
- *Hold each stretch for 15-30 seconds*
- Regularly perform these exercises to prevent future symptoms. Stay active and avoid static postures.
- In the early stages this exercise *may be painful*, but do not worry this is normal, experience shows that in most cases will get better as a result of the exercise.
- You can take painkillers as advised by a prescribing clinician or pharmacist. Taking them before exercise can help you stay active without causing extra pain.
- Your pain should ease and improvement should be seen within 4-6 weeks and full healing up to 3-6 months after commencing these exercises.

1. Toe raise, point, and curl



1. Sit up straight in a chair, with feet flat on the floor.
2. Keeping the toes on the floor, raise the heels. Stop when only the balls of the feet remain on the ground.
3. Hold this position before lowering the heels.
4. For the second stage, raise the heels and point the toes so that only the tips of the big and second toes are touching the floor.
5. Hold before lowering.
6. For the third stage, raise the heels and curl the toes inward so that only the tips of the toes are touching the floor. Hold and repeat.

2. Big toe stretch



1. Sit up straight in a chair, with the feet flat on the floor.
2. Bring the left foot to rest on the right thigh.
3. Using the fingers, gently stretch the big toe up, down, and to the side.
4. Keep the big toe in each position for 5 seconds.
5. Repeat this 10 times before switching to the other foot.

3. Toe splay



1. Sit in a straight backed chair, with the feet gently resting on the floor.
2. Spread the toes apart as far as possible without straining. Hold and repeat as above.
3. Once you have built up your strength, you can try looping a rubber band around your toes. This will provide resistance and make the exercise more challenging.

4. Toe curls



1. Sit up straight in a chair, with the feet flat on the floor.
2. Lay a small towel on the floor in front of the body, with the short side facing the feet.
3. Place the toes of one foot on the short side of the towel.
4. Try to grasp the towel between the toes and pull it toward oneself.
5. Repeat this exercise as above before switching to the other foot.
6. To make this exercise more challenging, try weighing down the opposite end of the towel with an object.

5. Toe extension



1. Sit up straight in a chair, with your feet flat on the floor.
2. Place the left foot on the right thigh.
3. Pull the toes up toward the ankle. There should be a stretching feeling along the bottom of the foot and heel cord.
4. Hold and repeat this exercise on each foot as above.

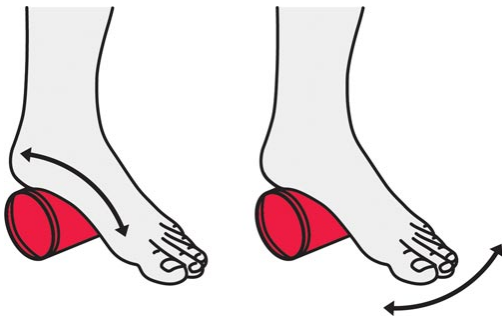
*Massaging the arch of the foot while stretching will help ease tension and pain.

6. Achilles tendon and plantar fascia stretch



1. Sit upright on a comfortable surface with your leg straight out in front of you.
2. Loop a towel around the ball of your foot and pull your toes towards your body, keeping your knee straight.
3. Hold and repeat on each foot as above.

7. Plantar fascia stretch



1. Sit down and rest the arch of your foot on a round object, such as a tin of beans.
2. Roll your foot on the tin in all directions for a few minutes.
3. Repeat this exercise as above.