FOOT HYGIENE

☐ ROLL WITH A BALL

- Soft tissue release: explore the bottom of your foot through the ball, the arch, and the heel on all sides. Release trigger points to decrease their incidence and intensity.

☐ TOE MOVEMENT

- *Spread and Lift:* Lift your toes off the ground and create as much space between each digit as possible.
- *Isolate:* Can you lift only your great toe? The rest of your toes? Explore individual toe control to activate the intrinsic muscles of your feet.

☐ ANKLE CARS (Controlled Articular Rotation System)

- *Standard:* With foot relaxed, draw big, slow, controlled circles of the ankle joint.
- *Toes Flexed:* With toes curled as tightly as possible, draw big, slow controlled circles of the ankle joint. Look out for cramps!

☐ ARCH PRACTICE

- *To find your arch:* With both feet on the ground, collapse your insteps to make your arches disappear. Practice recreating a small space between the floor and your instep.
- *Short Foot:* Maintaining the small arch you formed at the instep, distribute weight evenly across the front of your foot and to your heel (tripod). Press the pads of your toes into the ground and imagine you’re shortening your instep. Do not curl your toes. Hold for 10 seconds.

☐ SINGLE LEG BALANCE

- Practice shifting weight to one foot while maintaining the short foot created above. Use your other foot for a “kickstand” if needed. Hold for 3 x 10 seconds.

☐ CALF AND TOE STRETCH

- Use a half roller or edge of a step to elevate the ball of your foot and lengthen your calf. Try with knee straight and bent. Hold 60 seconds.
- Elevate just your toes. Hold for 60 sec.