**EXERCISES TO STRENGTHEN FOOT MUSCLES**



(A) Short-foot exercise: shorten your foot while keeping your heel and the front of your foot on the ground. Focus on trying to increase the arch of your foot. Do not curl your toes.

(B) Toe-spread-out exercise: lift and spread your toes while keeping your heel and the front of your foot on the ground. While your toes are spread out, push your little toe down and out to the floor. Then, push your big toe down toward the inside of the foot.

(C) Heel-raise exercise: stand with your knees bent. Elevate your arch while keeping your heel turned in. Then, raise your heel off the floor while keeping pressure on your big toe.

* Perform all exercises barefoot
* Hold each repetition for 5 seconds
* Repeat each exercise until you feel the muscles becoming tired
* Exercises are progressed from sitting, to standing on both feet, to performing the exercises standing on just 1 leg
* Perform exercises daily
* If you feel pain, please consult your chiropractor