

# Foot Clinic

## Foot Exercises

### The 10 step programme!

- 1 Hold a pencil or a golfball with your toes tightly - hold for 10 seconds and relax - repeat 10 times.
- 2 Go on to tip toe of both feet then - hold for 10 seconds and relax - repeat 10 times.
- 3 Sit with pencil between the 1st and 2nd toes and write circles for approximately 1 minute in each foot then rest and repeat 10 times.
- 4 Sit or stand with feet closer together and push ankles apart to raise arch - hold for 10 seconds and relax - repeat 10 times.
- 5 Stand on one foot for 10 seconds and relax - repeat 10 times. Alternate one foot to another.
- 6 Hop on one foot for approximately 1 minutes and alternate with the other foot. Repeat 10 times.
- 7 Stand and rock forward on toes and back on to heels - do this slowly and gently so that each rock forward takes about 2 seconds and each rock backwards takes 2 seconds - repeat 10 times.
- 8 Walk on tip toes for approximately 1 minute - then rest and repeat 10 times.
- 9 Sit and curls toes up and stretch them out
- 10 Try and balance on a 'wobble-board' and rotate around its edge for approximately 1 minute then rest and repeat 10 times.

Choose five or six exercises per day and practice them as frequently as possible. If any of the exercises cause discomfort stop doing them. They may be practiced with or without footwear although some can only be practiced barefoot eg, picking up a pencil with toes.

Good Luck ! - any questions contact us.