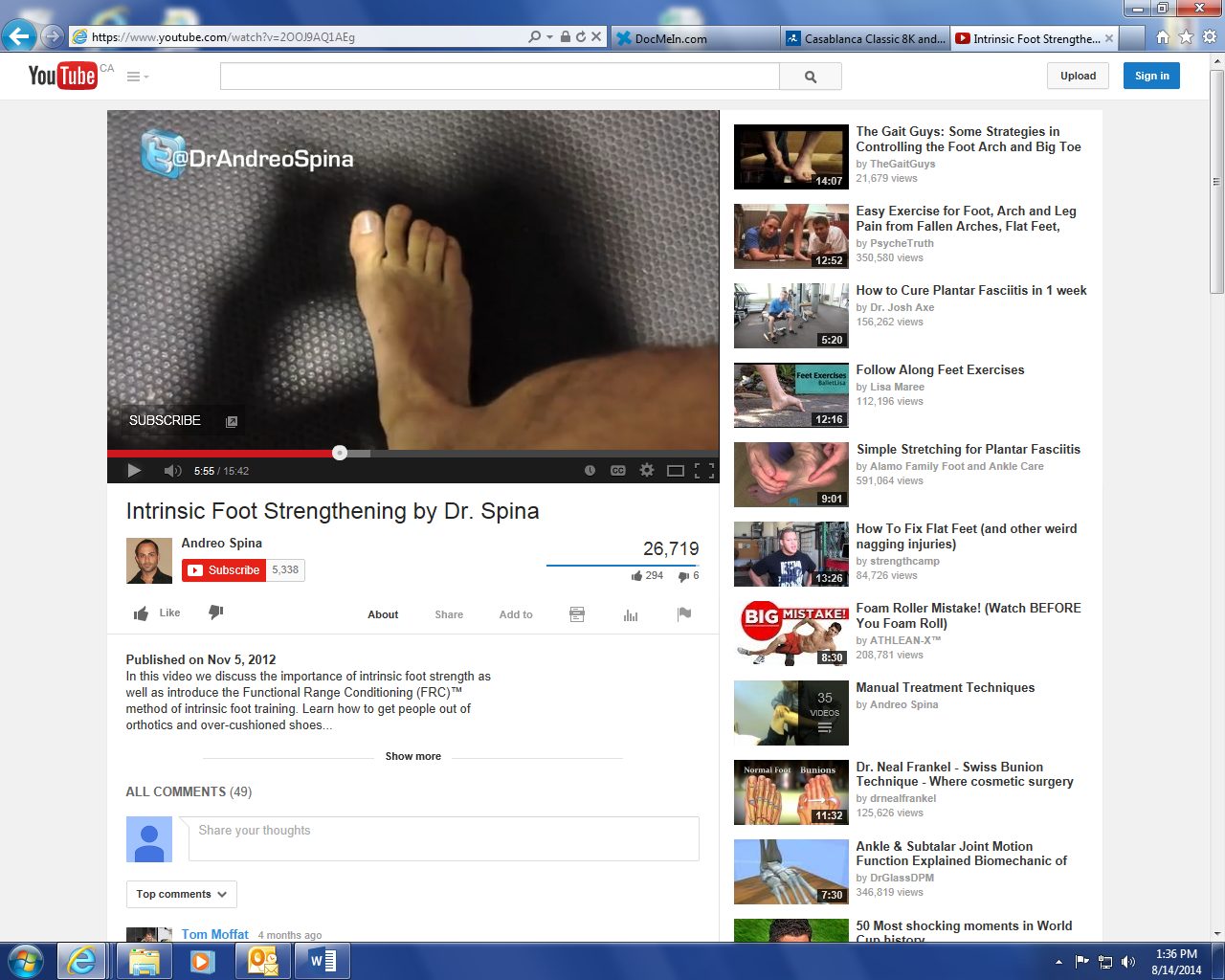
**Strengthening of intrinsic foot muscles**

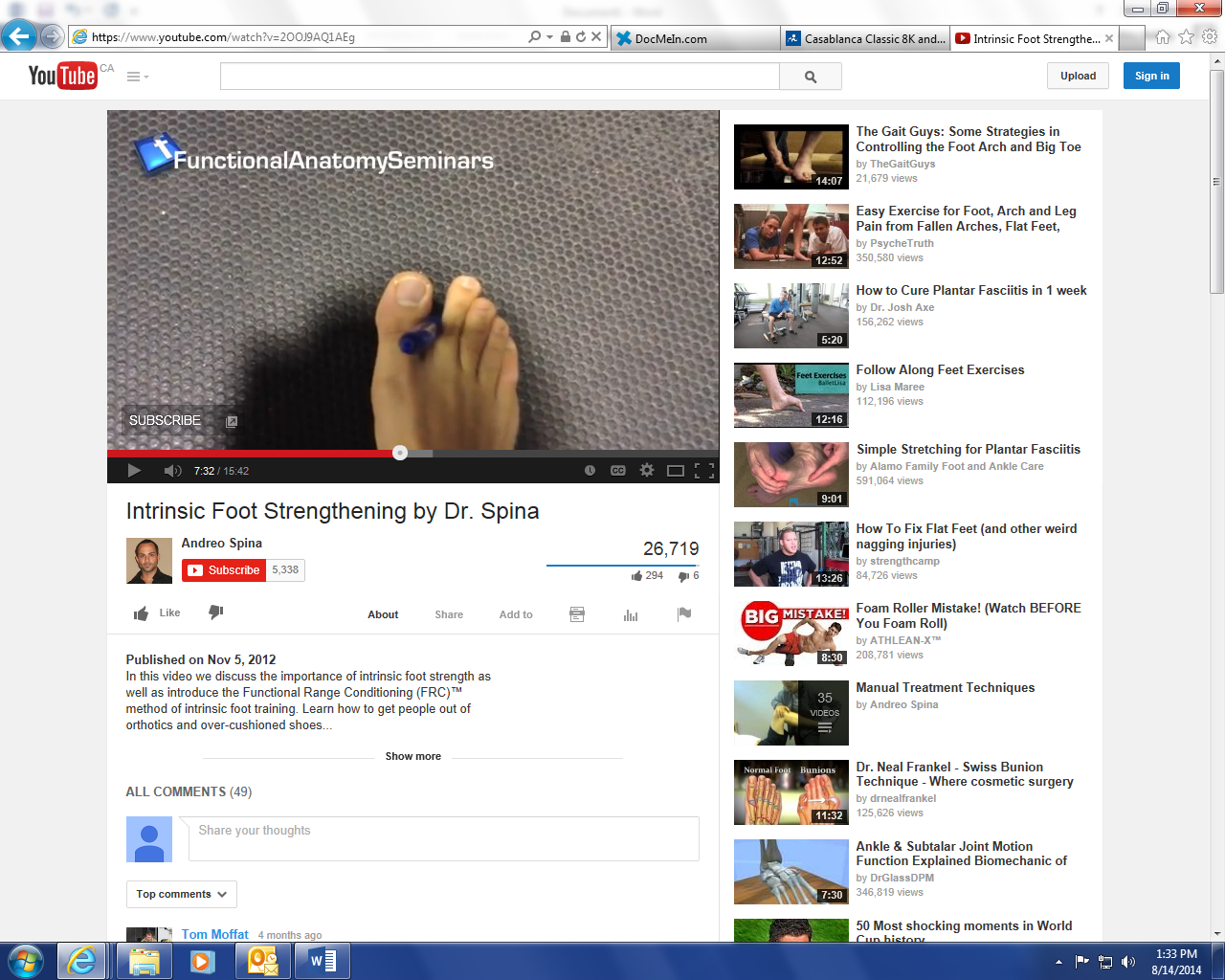
***Great Toe Extension***

* Plant the lateral four toes into the floor
* Lift (extend) the big toe from the floor
* Note any cramping in the arches of the foot
  + Cramping= Neurological confusion, or inability of the nervous system to complete the exercise you are asking it to do
  + Fight through the pain

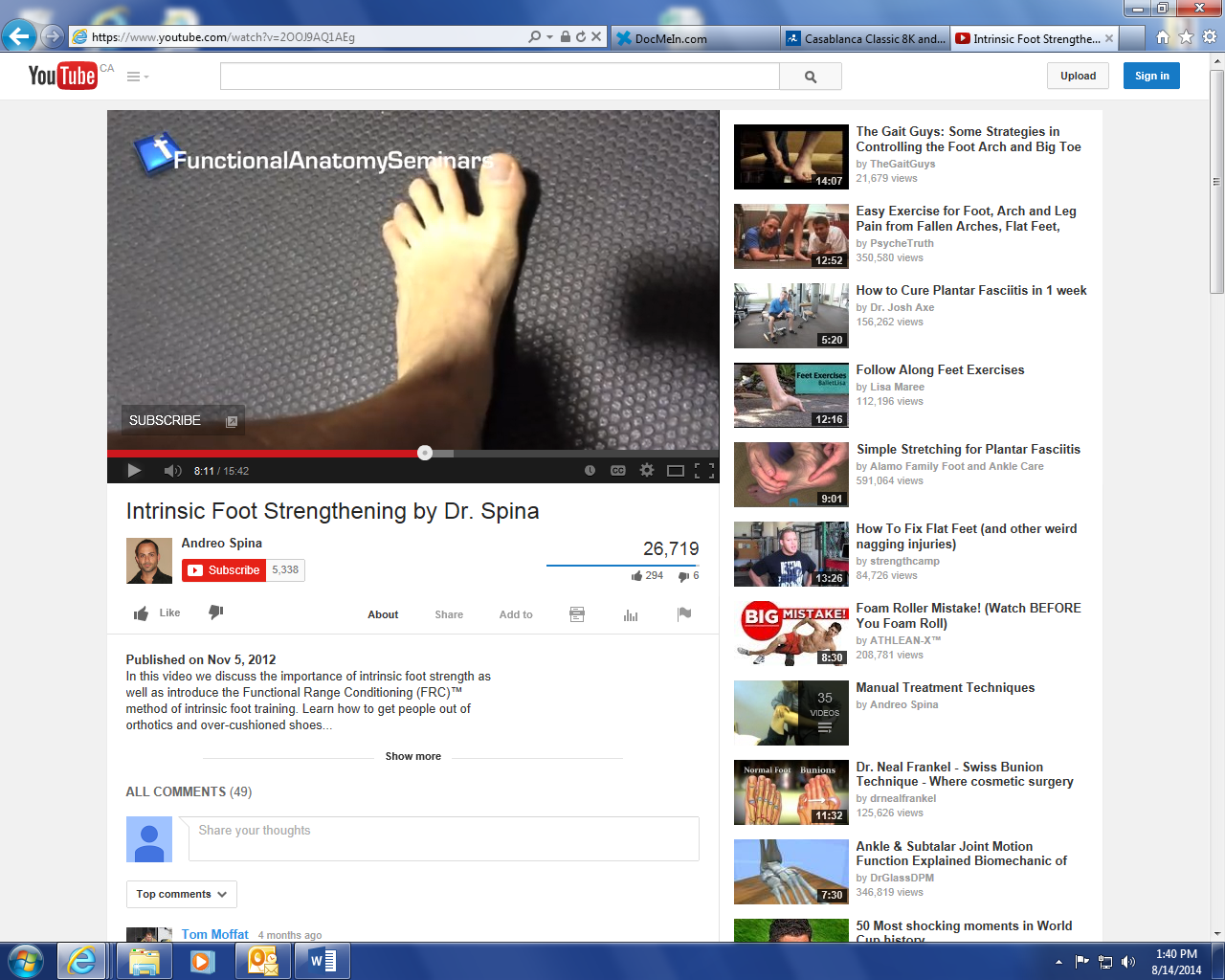
***Sequential Lateral Toe raise***

* Plant all the toes
* With the big toe remaining on the floor, lift the pinky to the 2nd toe from the floor

If you are unable to accomplish the above two exercises, work the neurological system by holding down the toes that are supposed to remain planted.

***Toe Squeeze***

* Without any flexion (bending) in the toes
* Squeeze the toes together
* Most people will not be able to complete this place!
* If so place a pen between the big toe and the 2nd toe and squeeze
  + Make sure that the pen remains straight to ensure there is no bend in the toes

***Toe Splay***

* Lift (Extend) all the toes from the floor
* Spread all the toes out
* Placing them sequentially back onto the floor from the pinky to the big toe (one at a time)

***Towel crunch***

* Place a towel flat on the floor and scrunch it together using the lateral four toes, then only the big toe
* Alternate the toes being used.

***Dynamic motions of the foot***

* Full squat (feet out at 30° with knees over toes)
* Without leaning or creating body motion allow your body to rotate around all aspects of the feet (as if you were on a wobble board)
* Use the muscles of the feet and lower limb to create this circular motion
* Complete in both directions
* Try and increase the size of the circle each time