

## *Toe Exercises*

### **Dorsiflexion**



1. Position your body against a wall as shown with \_\_\_\_\_ foot behind.
2. Point toes directly toward wall and hold heel down.
3. Lean into wall as shown so that you feel a stretch.

### **Plantar Flexion – Toe Raises**



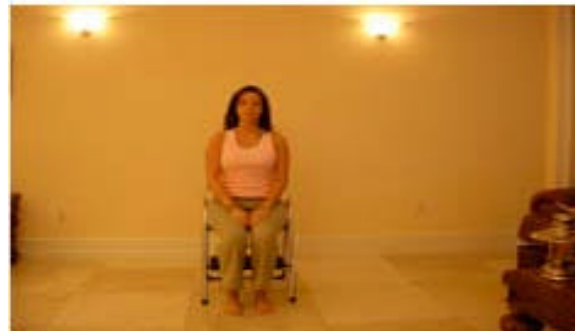
1. Stand with feet 12 inches apart.
2. Rise up slowly onto your toes as high as you can.

### **Toe Extension/Dorsiflexion**



1. Assume position shown, pulling the toes up toward your body so that you feel a stretch.

### **Toe Flexion/Plantar Arch – Towel Scrunch**



1. Begin with feet flat on a towel, on the floor.
2. Keeping heel on the floor, repetitively “scrunch up” towel.
3. Each time you curl your toes equals one repetition.

## *Toe Exercises*

### **Toe Extension/Dorsiflexion**



1. Assume position shown, kneeling on the \_\_\_\_\_knee and toes.
2. Lean your body weight backwards and down so that you feel a stretch.

### **Dorsiflexion – Active**



1. Elevate feet.
2. Up with ankle, down with toes
3. Down with the ankle, up with the toes.
4. Repeat for 2 minutes.