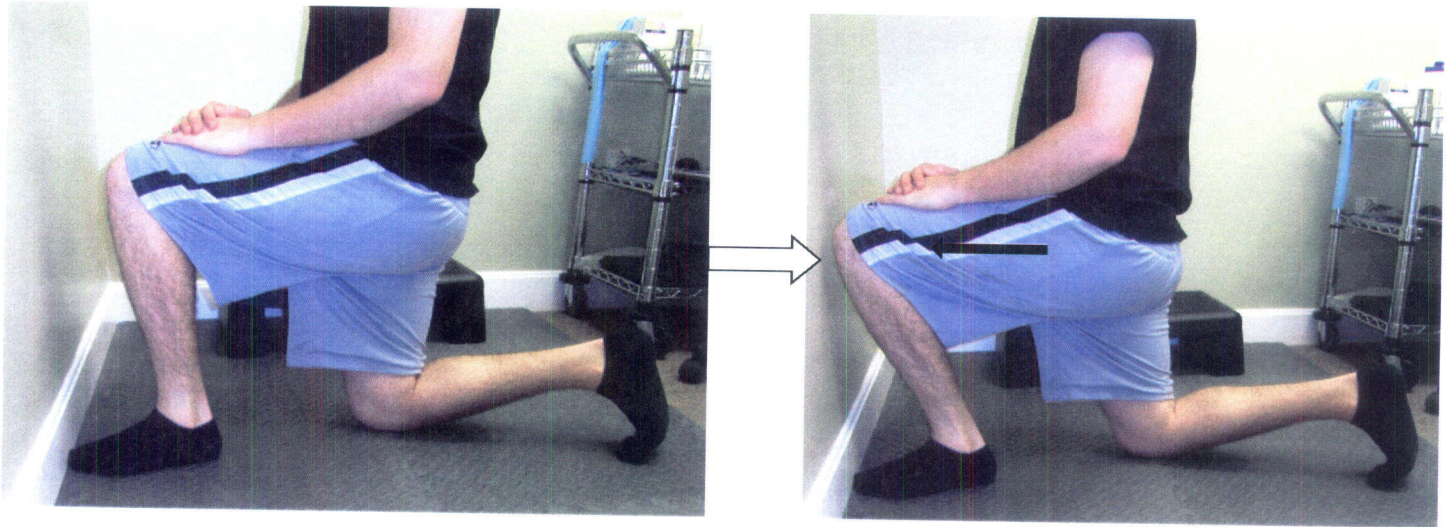


Dorsiflexion Self Mob



This exercise is meant to increase your ankle/foot mobility

Setup:

1. Kneel onto one knee with the other foot out in front of you.
2. Place your toes of the front foot near the wall.
3. Slowly lean forward trying to touch your knee to the wall.
4. Stop before your heel comes off the ground.
5. Repeat 10 times 2-3 times a day.

Notes:

- Once you can touch your knee to the wall, move your toes away from the wall.

Skier/Vele Exercise



This exercise is designed to help stabilize your foot muscles.

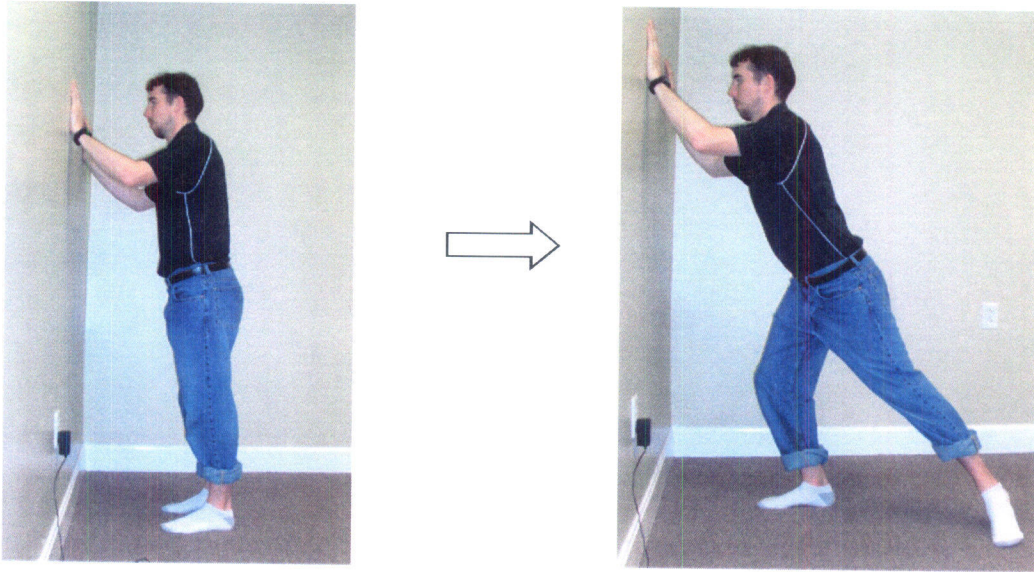
Setup:

1. Start by standing a few inches from the wall.
2. Slowly lean towards the wall making sure to bend at the ankles and not through the back.
3. Try and touch your nose to the wall, feeling your feet muscles grip the ground
4. Return to neutral and repeat for 10 reps.
5. Do 3-4 sets a day.

Notes:

- Make sure that you are leaning forward and not bending at the waist. You do not need to actually touch your nose to the wall.

Pronation Exercise



This exercise is designed to help create proper movement in your feet.

Setup:

1. Start standing about 2-3 feet from the wall with both of your hands resting on the wall. Shoes off.
2. With one foot reach behind you at a 45 degree angle, feeling the other foot flatten against the ground, opening the hip.
3. Return to neutral and repeat 10 times.
4. Repeat with the other foot and repeat 2-3 times a day.

Notes:

- You should feel slight rotation and inward movement of your knee.
- Stop if there is pain in your knee or hip.

Peroneus Longus Exercise



This exercise is designed to stabilize the big toe and strengthen the Peroneal muscles.

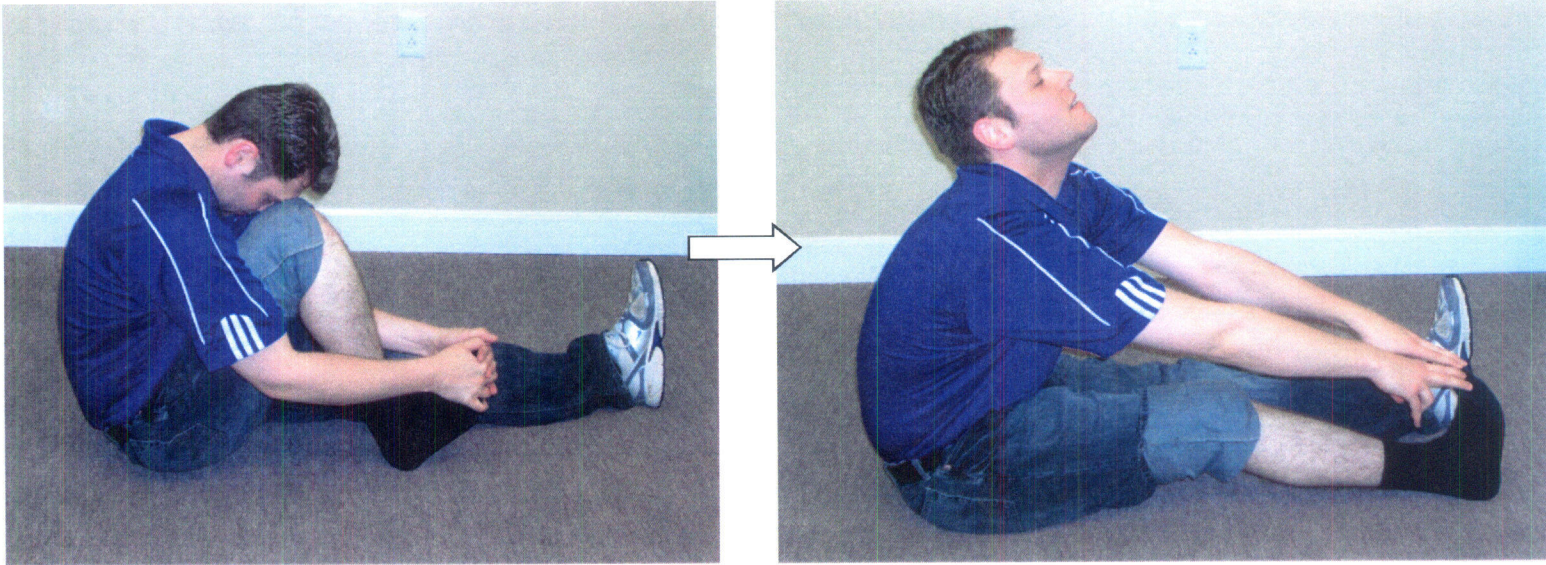
Setup:

1. Stand facing a wall using your hands to balance yourself.
2. Spread your feet apart wider than shoulder width.
3. Flatten your inner foot and raise your heels off the ground.
4. Only raise the heels, do not come up on the toes.
5. Repeat 3 sets of 25.

Notes:

- This is not a calf exercise, do not perform calf raises.

Heel Slider



This exercise is designed to decrease foot pain.

Setup:

1. Start sitting on the floor with both of your knees bent.
2. With both of your hands grab one of your feet and rest your forehead on your knee.
3. Start to slide your foot out, straightening your leg.
4. As you slide your foot, look up simultaneously.
5. Finish by looking up at the ceiling and holding on to your foot while having the straightest leg possible.
6. Repeat 10 times. Repeat 3-4 times a day.

Notes:

- Do not over stretch your hamstrings.
- Keep a hold of your foot each time.

Toe strengthening (flexor dig)



This exercise is designed to strengthen the toe flexors.

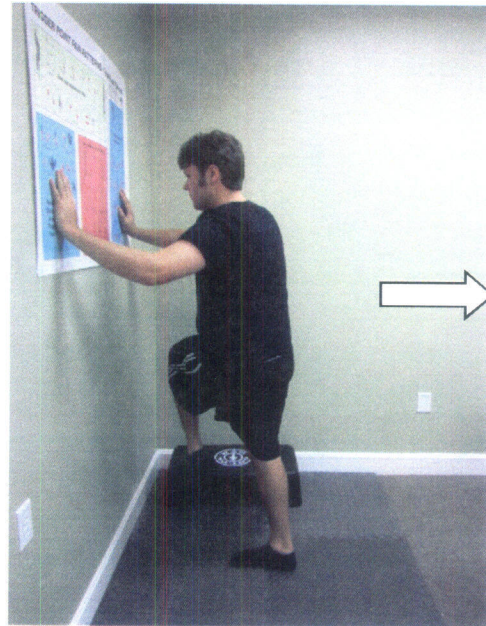
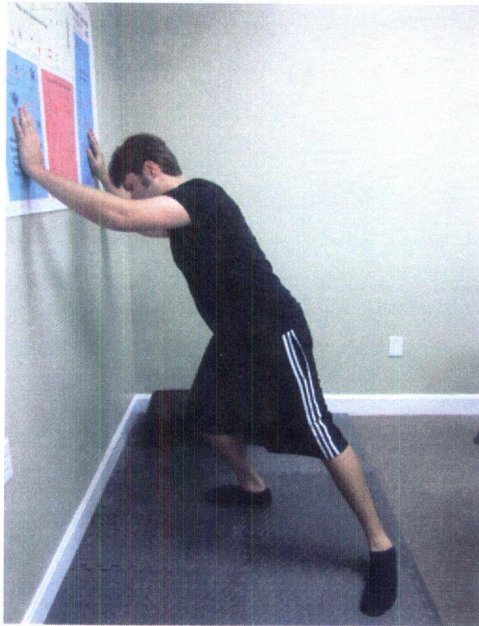
Setup:

1. Seated and shoeless, place one end of a band under your heel and toes
2. Pull the opposite end of the band to your knee, lifting up your toes
3. While maintaining tension on the band force your toes downward
4. Repeat 3 sets of 10.

Notes:

- Do not engage your calf muscles
- Do not curl your toes

Supination to Pronation



This exercise is designed to help stabilize and strengthen your arch.

Setup:

1. Start standing about 2-3 feet from the wall with both of your hands resting on the wall. Shoes off.
2. Using a twisting motion, drive one of your knees across your body and up into flexion, twisting the hip
3. With one foot reach behind you at a 45 degree angle, feeling the other foot flatten against the ground, opening the hip.
4. Return to the start position and repeat 10 times.
5. Switch feet for 10 reps. Repeat 2-3 times a day.

Notes:

- This exercise is meant to be done energetically.
- The foot on the ground should not move.
- You should feel the muscles in your arch contract.