

## ***IV. EXERCISE***

Finally, there are two exercises you can share which help your patient adapt to their orthotics. These hasten the break-in time by breaking up fixations and strengthening weak muscles in the feet.

**1. The Golf Ball Exercise.** Ask the patient to sit in a chair, drop a golf ball on the floor, and place a foot on it. For about five minutes, rotate the foot on the ball with as much pressure as is comfortable. Have the patient perform this exercise twice a day – once in the morning, and again in the evening.

**2. The Towel Scrunch Exercise.** As the patient sits barefoot in a chair, lay a towel or similar cloth flat on the floor. Have the patient "scrunch" up the towel with the toes of his/her right foot. Repeat with the left foot. Have the patient perform this exercise six (6) times a day.

Foot Levelers has been in business for fifty years and we have found that mailing orthotics to a patient, or having the CA give them to the patient doesn't work. For maximum patient satisfaction and referrals, "WTSE" works.



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