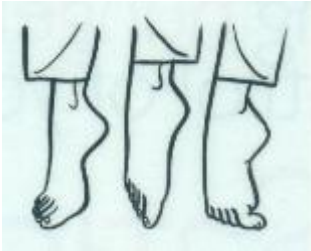


Foot Exercises

There are 19 intrinsic muscles in the feet, 18 of these muscles connect to your toes. We spend most of our life in shoes where our toes cannot move freely and those muscles become very weak, thus our whole foot structure is weak. The more you exercise your toes the stronger your entire feet become.



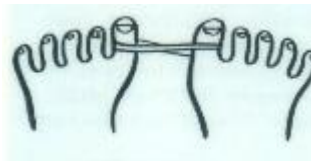
Toe raise, toe point, toe curl exercise:

Hold each position for 5 seconds and repeat 10 times.



Toe Squeeze exercise:

Place small corks between your toes and squeeze for 5 seconds. Repeat 10 times.



Big toe pulls exercise:

Place a thick rubber band around both big toes and pull them away from each other, toward the smaller toes. Hold for 5 seconds, repeat 10 times.



The golf ball roll exercise:

Roll a golf ball under the ball of your foot for 2 minutes. This is a great massage for the bottom of the foot and good for people with plantar fasciitis (heel pain syndrome), cramps or arch strain.



Toe Pulls exercise:

Put a thick rubber band around all of your toes and spread them. Hold 5 seconds and repeat 10 times.



Towel curls exercise:

Place a small towel on the floor and curl it toward you, using only your toes. You can increase the resistance by putting a weight on the end of the towel. Relax, then repeat this exercise 5 times.



Marble pickup exercise:

Place 20 marbles on the floor. Pick up one at a time with your toes and put each marble in a bowl.



Sand walking exercise:

Any chance you get, take off your shoes and walk in the sand at the beach. This not only massages your feet, but strengthens your toes for general foot conditioning.