



SFT ARCH SUPPORT

BIG TOE EXTENSION IN STANDING

- 2 sets of 12 reps (hold each lift for 2-3 seconds)
- first set, lift both big toes at the same time
 - second set, try alternating one side at a time

SQUATS WITH BAND UNDER 1ST RAY

2 sets of 12 reps

SINGLE LEG BALANCE WITH BAND UNDER 1ST RAY

3 sets on each side

- start by practicing a static balance, holding for 30 seconds
- you can progress by trying the sagittal plan dynamic movement variation (shown in 3rd set in video) - try for 6 reps of the sequence

SINGLE LEG BALANCE WITH REAR FOOT INSTABILITY

***use Airex pad or towel under heel to create instability**

3 sets on each side, holding for 30 seconds each time

ADAGIO MATRIX WITH REAR FOOT INSTABILITY

***use Airex pad or towel under heel to create instability**

6 reps in each direction on each side

- 1 - Sagittal Plane = moving front to back
- 2 - Frontal Plane = moving side to side
- 3 - Transverse Plane = rotating arms and gesture leg in opposition

TOE-LESS CALF RAISES

***stand on box with big toe hanging off the box**

10 reps in each position

- 1 - parallel (option to squeeze ball in between heels)
- 2 - first position (targets posterior tibialis)
- 3 - turned in (targets peroneals)

SIDE STEPS WITH BANDED FEET

***place band in figure 8 around heels and big toes**

5 reps in each direction on flat feet

5 reps in each direction on releve

ROTATIONAL PIVOT LUNGES ON UNEVEN SURFACE

6 reps on each side in each ankle position

- 1 - position one = wedge or towel placed under the outside of the heel on the planted foot
- 2 - position two = wedge or towel placed under the inside of the heel on the planted foot