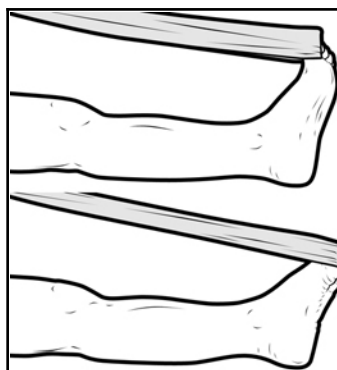


# FLEXOR HALLUCIS STRENGTHENING



## 1 FLEXOR HALLUCIS LONGUS STRENGTHENING

Grasp the ends of a length of resistance band and loop over your big toe. Starting with your toe extended (1), bend your toe forward as far as you can against the resistance (2). Slowly return to the start position and repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: Daily

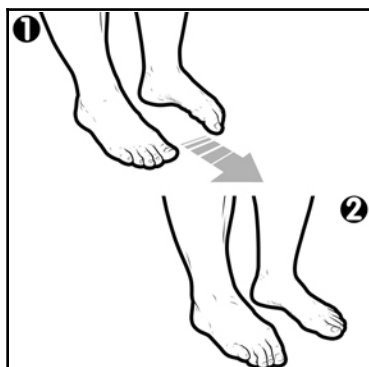


## TOWEL SCRUNCHING

Sitting on a chair with your foot on a towel. Curl your toes to grab and scrunch the towel towards you. Do not move your thigh or knee to move the towel. To make the exercise more difficult, place a weight on the end of the towel.

SETS & REPS: 3 x 15

FREQUENCY: Daily

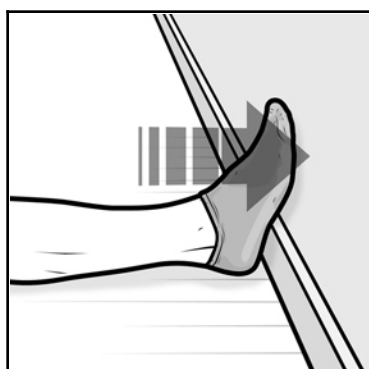


## 1 WALKING FOOT SCRUNCHES

Standing on carpet with bare feet, curl the toes of one foot as far as possible to pull yourself forwards a little (1). Relax and repeat with the opposite foot (2). Alternate your feet so as to 'walk' yourself forwards along the carpet.

SETS & REPS: 3 x 15

FREQUENCY: Daily



## ISOMETRIC PLANTARFLEXION

Sit with a cushion between the sole of your foot and the wall. Point your foot into the cushion against the wall as hard as you can without pain and hold this contraction for 5-10 seconds. Relax and repeat.

SETS & REPS: 10 reps

FREQUENCY: Daily



## ABDUCTOR HALLUCIS STRENGTHENING

Place your fingers on the inside of your arch to palpate the muscle being exercised. Actively move your big toe away from your 2nd toe, feeling the muscle contract under your fingers. Hold the contraction for 5-10 seconds. Relax and repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: Daily