

The following exercises are designed to strengthen the small muscles within your foot. Improving the strength of these muscles is an important part of your rehabilitation from foot pain.

Short foot strengthening

- Sit on a chair with your feet flat on the ground (knees and ankles at right angles).
- Focus on one foot at a time, use the muscles in your arch to help draw your big toe toward your heel.
- You should feel a tightening of the arch.
- Hold for 5 secs and release.
- Repeat 10 times alternating each foot, 3 times daily.



Toe crunches (intrinsic)

- Sit on a chair with your feet flat on the ground (knees and ankles at right angles).
- Then press the 4 little toes against the ground.
- Hold this for 3-5 seconds and repeat 10 times, 3 times daily.



Toe Curls

- This works best on a smooth floor.
- Place a towel spread out on the floor in front of a chair.
- Whilst seated place one foot flat on the towel (knees and ankles at right angles).
- Curl your toes repeatedly to gather up the towel. Repeat 5 times on each foot, 3 times daily.



☐ Toe Grip challenge

- Sit in a chair and use your toes to pick up small objects such as marbles.
- Place the objects, one by one, into a container using your toes.



Cramping

You may find that performing these exercises causes cramp in your foot. This is a normal reaction and can be resolved with stretching and massage exercises.

You are most likely to feel cramp underneath your foot, this can be relieved by gently pulling your toes upwards and holding until the cramp subsides. You can also massage the area with a ball or something similar once the cramp has settled.



The exercises should not be painful but you find some aching afterwards, this is normal. If you are experiencing any new pain or are having difficulty following the exercises, contact Podiatry and Orthotics Department for further advice on: 01633 615225 option 1 or email risca.podiatry@wales.nhs.uk

**“This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg”.**