

IMG Physical Therapy

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6 Foot Core Exercises

Home Exercise Sheet

It is important to remember that rehabilitation of the foot may take some time. Various structures that have not been used during recovery from surgery or injury will need to be strengthened and stretched in order to promote return to prior level of activity.

When you exercise on your own it will be important for you to remember

- Exercises that cause pain are hindering the healing process and will prolong recovery if they are continued. In instances where the exercise is causing pain, the exercise should be modified or discontinued. Ask your physical therapist if you are unsure when to modify or discontinue exercise.
 - Ways to modify exercises include lowering the resistance, lowering the number of sets or repetitions, or reducing the range of motion to avoid the pain producing area.
- Increases in swelling after an injury indicate that the exercise is too difficult or is being done incorrectly. In this case, the program needs to be modified to eliminate the problem.
- If you do reinjure a healing structure during the rehabilitation process it will slow your progress. If you do experience reoccurring pain with exercise, the exercise may need to be modified.
- Muscle soreness, dull aches, fatigue, and a stretching sensation are normal during exercise. Exercises however, should not be painful or produce excessive amounts of swelling.
- When deciding what weight to use, always guess lower to avoid injury. It is much easier to increase weight that is too easy than it is to use excess weight and end up injuring yourself.
- If you have any questions or concerns, feel free to consult your physician or physical therapist at any time. It is better to ask questions to ensure proper execution of exercise than to cause further injury by doing exercises incorrectly.

Big Toe Lift Off

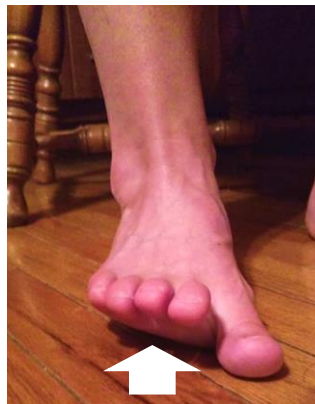
Sit with your feet flat on the floor as shown in the first picture. Slowly lift your big toe off the floor while keeping your foot and remaining four toes on the floor. Only the big toe should be coming off the ground as shown in the second and third pictures. You may use your other foot or hands to hold toes 2-5 down if necessary in the beginning.



Complete 1 set of 15 repetitions 1-2 times per day. You can do 2 sets of 15 if you are able.

Toes 2-5 Lift Off

Sit with your foot flat on the floor. Slowly lift toes 2 -5 off the floor while keeping your big toe and the rest of your foot on the ground. You may use your hands or other foot to hold your big toe down to aide in completion of this exercise in the beginning.



Complete 1 set of 15 repetitions 1-2 times per day. You can do 2 sets of 15 if you are able.

Lift Marbles

Create a pile of 15 marbles on the floor in front of your feet. While sitting, use your toes to pick up each marble and create a new pile of marbles. Once you have moved all 15 marbles to a new pile you have completed 1 set. You can also use a pencil instead of marbles if you are unable to access marbles. If a pencil is used, you will need to pick the pencil up with your toes 15 times to complete 1 set.



Complete 1 set 1-2 times per day. You can complete 2 sets if you are able.

Doming

Sit and place your feet flat on the floor. Try to create a space between the bottom of the inside of your foot and the floor without lifting your foot off the floor. To begin this exercise shift your foot so that the outside of your foot is the only part in contact with the floor. Slowly lower the rest of your foot onto the ground while maintaining a space between the arch of your foot and the floor. Then dome by bringing your big toe toward your heel. It may help to push your toes into the floor to create this space between your foot and the floor.



Complete 1 set of 15 repetitions. You can do 2 sets if you are able.

Spreading Toes

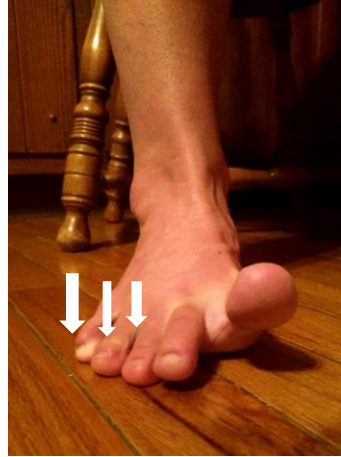
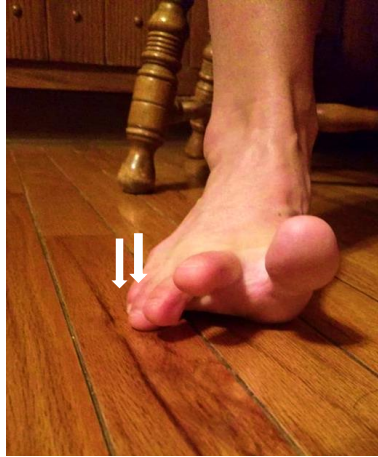
Create a space between each of your toes by trying to push your toes away from one another all at the same time. You should see a space between each of your toes.



Complete 1 set of 15 repetitions 1-2 times per day. You can do 2 sets if you are able.

Piano Toes

Begin by sitting with your feet flat on the floor with equal weight on the inside and outside of your foot. Start with your toes off the ground. Place your pinky toe on the ground first followed by your fourth toe. Next place your third toe on the ground. Continue in this manner until all toes are on the floor. Then beginning with the big toe, lift each toe off the floor one at a time. Try to make each toe raise up and lower down separately as if you were playing the piano. Complete this exercise 15 times.



Complete 1 set of 15 repetitions 1-2 times per day. You can do two sets if you are able.