

Intrinsic Foot Exercises



Toe Threading. Inter-digitate your fingers in between your toes spreading them out to provide a stretch to the interosseus muscles that live between each toe. Get your fingers as close to the webs as possible and then use your other hand to massage and move the entire foot.



Toe Disassociation. While sitting, have affected foot on the ground with equal points of support at the base of the big toe, pinky, and heel. Then spread the toes as far as you can and lift the 4 little toes while keeping the big toe on the ground. Then switch and lift the big toe while keeping the others grounded. **NO TOE GRIPPING!!**



Short Foot Exercise. Using a hand towel, start with the ball of your foot and toes on the towel with the heel off. Lift the toes up and reach them forward to grab onto the towel and scrunch/pull it towards you. Lift the foot back up and perform again working down the entire length of the towel. Feel the bottom burn!!

Start seated and progress to standing and then single legged to load the foot more



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