

DURHAM HOUSE CHIROPRACTIC CLINIC

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FOOT STRENGTHENING

FOOT BRUSHING

- Often times feet have been misused for so long they have become 'dead'.
- One easy way to start to stimulate and to wake up dormant foot muscles is to rub them with a firm hairbrush.
- This can be very effected pre-exercise.

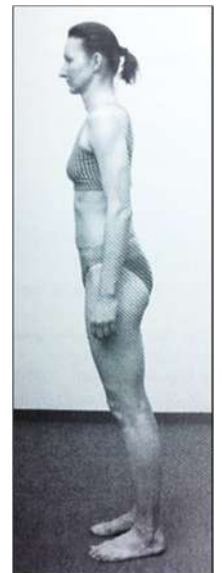
TOE LIFT

- Sitting or standing tall, slowly push your big toe into the floor whilst simultaneously lifting and spreading your outer four toes.
- Hold for two seconds and then relax. Repeat ten times.
- If this is difficult perform on one foot at a time
- You should feel the muscles on the inside of the arch working.



SKI JUMP

- Stand tall, push your big toes towards the floor.
- Lean forward from your ankles as far as you can before your heels start to lift.
- Stay tall without bending at the waist, arching the back or jutting the chin.
- Try to keep your lesser four toes relaxed and spread.
- Hold for two breaths, then return. Repeat up to 10 times.
- You should feel your feet and buttocks working hard.



HEEL LIFT

- Stand tall with weight evenly spread between your heel and forefoot.
- Slowly start to lift your heels without letting your weight shift forward (or at least minimise this weight shift as much as possible).
- Stay tall without bending at the waist, arching the back or jutting the chin.
- Hold for two breaths and the top before returning. Repeat up to 10 times.
- You should feel your feet and buttocks working hard.