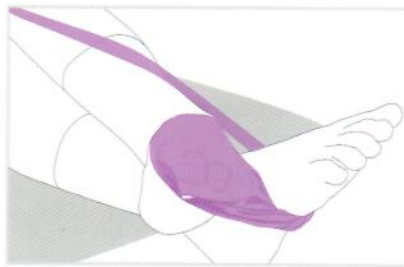


4 Inversion

Sit with legs extended forward, with working ankle resting on top of other ankle. Wrap band as shown and grasp with hands. Slowly and smoothly move inward (to an **inverted** position). Keep ankle extended and try not to use toes. Move exactly to the side in relationship to the ankle. Return slowly past starting point to fully **everted** position.



Target muscle

Tibialis Posterior

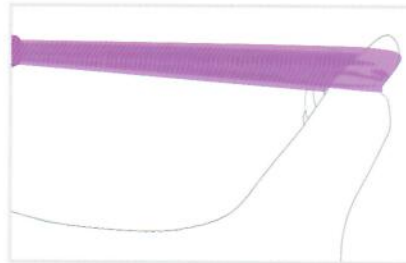
Importance

With eversion, essential for control and stability



5 Pointing Big Toe

Sit with working leg extended and ankle flexed but relaxed. Wrap loop around big toe joint and grasp band with hands. Moving only the toes, point big toe against resistance of band. Then, allow toe to return very slowly to flexed position.



Target muscle

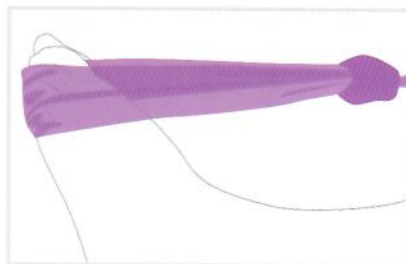
Flexor Hallucis Longus (FHL)

Importance

Stability on pointe; avoidance of over-pronation and bunions

6 Pointing Little Toes

Perform as exercise 5 but wrapping band around the little toes instead of big toe. Sit with working leg extended and ankle flexed but relaxed, and wrap loop around four little toes. Moving only the toes, point against the resistance of the band, then allow toes to return very slowly to flexed position.



Target muscle

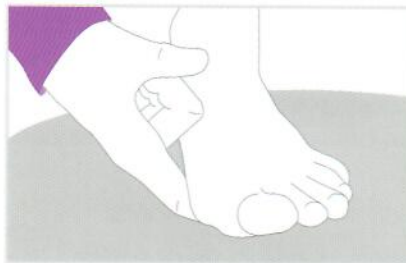
Flexor Digitorum Longus (FDL)

Importance

Overall stability

7 Big Toe Push

Sit on a couch, or on floor with a thin cushion for the working foot. Bend working knee and place foot on couch or cushion. Put forefinger under big toe joint and push toe joint downward. (The movement of this exercise is mostly invisible, but pressure can be felt with finger.)



Target muscle

Peroneus Longus

Importance

Strength and control in relevé; keeps big toe functioning properly

8 Towel Curl

Place small towel on floor or exercise table and sit in front of it. Place working foot in middle of towel. Repeatedly grasp and release towel with toes, gradually moving it toward the body. (Picking up objects with toes provides similar exercise.)



Target muscles

Intrinsic Muscles of Arch

Importance

Flexing and pointing the toes; stability throughout foot