

# Foot & Toe Maintenance

## Hold each pose for at least 5- 30 seconds

### Toe Yoga

Start by splaying your toes as wide as you can, holding for 6-10 seconds, and relaxing. Then lift the big toe as high as you can while keeping the four little toes on the ground. You may need to reach down and pull it up at first to cue the muscle activation. Finally, push the big toe down while lifting the other four, keeping the full ball of your foot flat on the ground.



### Ball Foot Massage

Use tennis ball or lacrosse ball to massage your feet. Place ball under foot, apply a little pressure and roll the ball back and forth along the bottom of the foot. Continue to apply more pressure as needed.

### Toe Towel Grabs

Spread a towel down on the ground in front of you. Lift your toes while keeping your heel on the ground, reach and grasp the towel with your toes. Pull the towel towards you with your toes. For more advance trying grabbing the towel fully with your toes and lifting it off the ground for 5-10 second.

