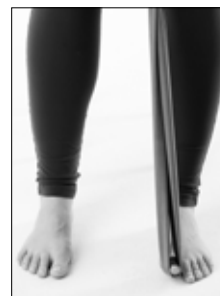


Toe lifts – with the theraband

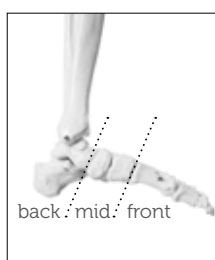
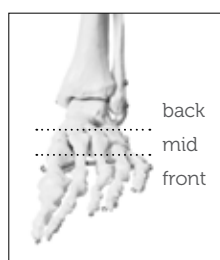
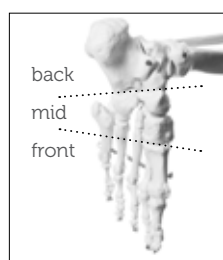
Purpose

- // To give a gentle joint release through the toes and to release some of the calf muscles.
- // Is a nice sensory awakening of the foot and its proprioceptors.
- // Strengthening muscles of the foot.



Particularly good for

- // Plantar fasciitis, keeping the pressure gentle but just enough to encourage the release and stimulation
- // Tight or collapsed cuneiforms
- // Balance issues
- // The heel version is particularly good for people with Achilles tendonitis or contracted calf muscles (from long-term wearing of high heels)
- // Flat feet



Exercise

1. Place the theraband under your big toe and lift the toe with the theraband. Create some resistance as you press the toe down.
2. Repeat on each toe, with 5 – 10 repetitions per toe.
3. When lifting one toe, try not to lift the other toes on that foot.

Progressions

When on the reformer, or on a wall, try piano toes. That is, lift and move each toe as if you were playing a keyboard against the reformer bar or wall.