

Toe Scrunch (Foot Inversion)

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Why Do This Exercise?

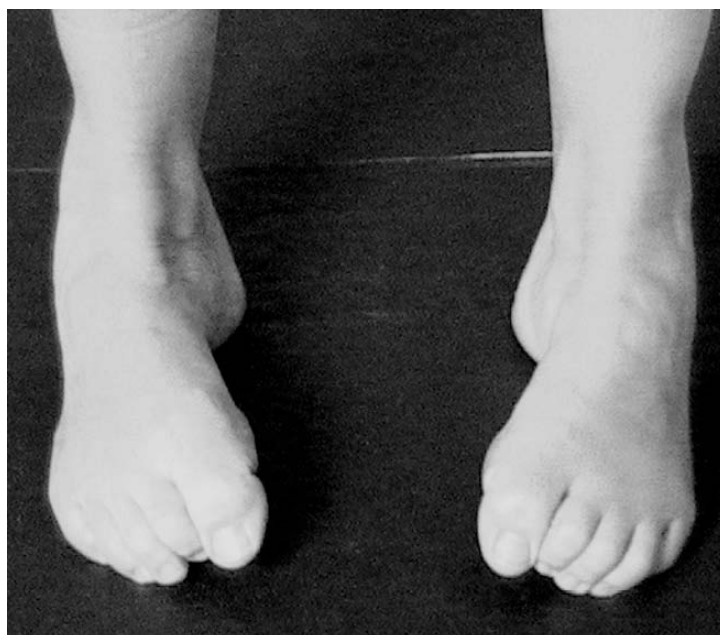
To strengthen the muscles at the bottom of your feet so that your adjustments hold in place for longer.

How To Do This Exercise?

1. Stand with your feet hip width apart.
2. Roll your ankles out so that your weight is on the outside of your foot and your big toe is off the ground.
3. Curl your toes like you're making a fist with them.

How Often?

Hold for 20 seconds 3 sets twice daily



NOTE: If you experience cramp ease off to the point where cramp disappears.