

# TAIRA CHIROPRACTIC



## Foot Exercises

\*Hold for 3-5 full breaths, repeat 3-5 times.

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| <p><b>BIG TOE UP</b></p>  <p>With the foot flat on the floor, bring the big toe upward as you keep the other four on the floor.</p> | <p><b>BIG TOE DOWN</b></p>  <p>With the foot flat on the floor, keep the big toe on the floor as you bring the other four upward.</p> | <p><b>ALL TOES UP</b></p>  <p>With the foot flat on the floor, bring all of the toes upward.</p> |
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| <p><b>TOES CRUNCH</b></p>  <p>With the foot flat on the floor, crunch all of the toes downward.</p> | <p><b>ARCH LIFT</b></p>  <p>With the foot flat on the floor, lift the arch upward as the toes stay on the floor. The foot will appear to shorten in length.</p> |
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| <p><b>TOES SPREAD</b></p>  <p>With the foot flat on the floor, keep all toes down and spread them apart.</p> | <p><b>TOES UP SPREAD</b></p>  <p>With the foot flat on the floor, lift all toes and spread them apart.</p> | <p><b>BIG TOE UP SPREAD</b></p>  <p>With the foot flat on the floor, lift the big toe, keeping the other four on the floor, and spread.</p> | <p><b>BIG TOE DOWN SPREAD</b></p>  <p>With the foot flat on the floor, keep the big toe on the floor, lift the other four toes, and spread.</p> |
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| <p><b>TOES SQUEEZE</b></p>  <p>With the foot flat on the floor, squeeze all of the toes together.</p> | <p><b>Ball Roll</b></p>  <p>Use a lacrosse ball or a golf ball to roll the plantar fascia of the foot. Roll from the arch into the heel and into the balls of the foot. Roll until "knots" decrease in pain by half, or for 5-10 minutes.</p> |
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