

# HEALTHY FEET

## EXERCISES FOR THE FEET

**INSTEP STRETCH**



**TOE STRETCH**



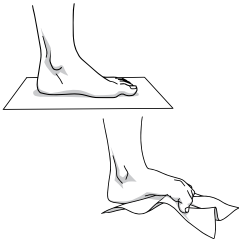
**GRAB AND STRETCH**



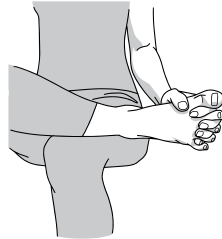
**TOE LIFT**



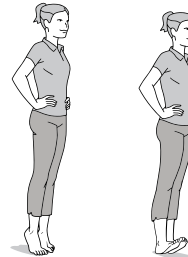
**PAPER CRUMBLE**



**SPREAD THE TOES**



**TOE - HEEL - SWITCH**



**ONE LEG STAND**



**NOTICE:**

Perform strengthening and mobilization exercises 5-10x  
Hold stretching exercises 30-60 seconds