

STRETCH & MOBILIZE

1. **Foot Massage**-place fingers between toes and bend toes back and forth and gently twist
2. **Roll out your feet**-place toes over the ball and roll back and forth. "Vacuum" the foot with the ball then move the ball under the toes
3. **Pulling toes down**-using the hands pull the toes down towards the heel. Standing and kneeling variations.
4. **Calf stretch**-standing with the ball of the foot on the towel, and heels down to the floor

STRENGTHEN

1. **Lifting toes**-Lift the big toe keep the other toes down. Keep the big toe down and lift the toes. Toe waves, starting with the big toe then setting each toe down
2. **Toe yoga**-Big toe and pinky toe stay down and other toes lift
3. **Toe spreading**-expand and create space between the toes
4. **Toe flexing**-standing and leaning forward, toes gripping into the ground
5. **Heel lifts**-Lift heels while pressing the outside edge of the foot to the floor. outward. Lifting the heels while squeezing a ball between the feet

SHOE CHECKLIST

- ☐ **Sole:** Does the sole allow for natural movement of the foot?
- ☐ **The Upper:** Is it firmly connected to the sole or do you need to grip with the toes?
- ☐ **Toe Box Width:** Can you spread your toes comfortably?
- ☐ **Toe Box Height:** Does the front of the shoe curl upward forcing the toes into extension?
- ☐ **The Heel:** Is the back portion of the shoe raised?

ADDITIONAL RESOURCES

[List of minimalist shoes](#)

[Simple Steps to Foot Pain Relief](#)