

4 Little Toe Extension:

Exercise Purpose:

To strengthen the little toe extensor muscles and help improve your awareness of how to activate your toe muscles



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1102>

Key Points:

- Sit (or stand) with your feet flat on the ground
- Slowly extend/raise your 4 little toes up towards the ceiling and then slowly lower them back down to the floor
- Repeat the desired amount of times
- Try to keep your big toe flat on the ground and the rest of your foot still throughout