

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1066>

### **Toe Curling with Towel:**

#### **Exercise Purpose:**

Strengthen the foot muscles, in particular the toe flexor and adductor muscles



#### **Key Points:**

- Sit on a chair with your knees bent and your feet flat on the floor
- Place a towel under the foot that you are exercising
- Try to curl your toes underneath your foot as close together as possible and grip the towel with your toes
- Hold for a couple of seconds and then release the towel