

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1060>

Toe Curling:

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
- Try to curl your toes underneath your foot and as close together as possible as and hold it for a couple of seconds
- Keep your heel and mid foot on the ground and do not move the rest of your leg throughout