

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1057>

### **Toe Spreading:**

#### **Exercise Purpose:**

Strengthen the foot muscles, in particular the toe extensor and abductor muscles



#### **Key Points:**

- Sit on a chair with your knees bent and your feet flat on the floor
- Try to spread your toe as wide as possible (away from each other) 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