

MON	TUE	WED	THUR	FRI	SAT	SUN

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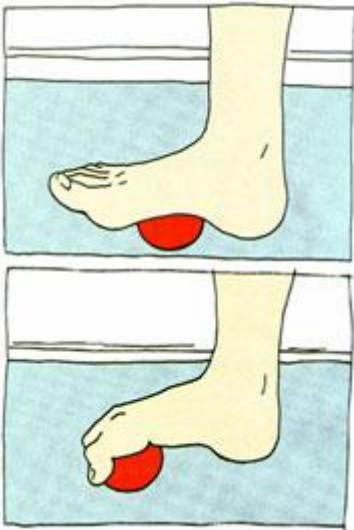


Exercises for

Started on

Clinic details:
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 Shop 6, 432 Mitcham Rd
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Golf ball roll



1. Stand or sit on the edge of a chair with good posture, and place a small rubber ball under your heel. Roll the ball around under your foot with gentle pressure to massage and stimulate the sole. For 1min
2. Repeat the sequence on the other foot.
3. Repeat 2 times.

Towel Pick-Up

Place a Towel on the floor in front of you at the same angle as the toes on your right foot, with the point on the pinky-toe side. Stand or sit on the edge of a chair with good posture and put your weight into your heel. Fan the toes out and wrap them around the Towel and



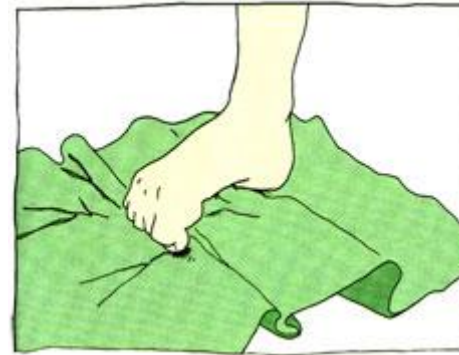
pick up.

Gastrocnemius stretch



Hold for a count of 30 (at least 20 sec)

Towel Scrunches



This exercise works best on a smooth surface. Lay a towel on the floor and stand or sit on the edge of a chair with good posture and the heel pressed into the towel. Spread the toes like a fan, then grip the towel and pull it toward you. Repeat 5 times, then work the other foot.

Big Toe exercise

With your feet on a flat surface, loop a thick piece of elastic or rubber band around both your big toes. Gently pull each other and hold for 5

Repeat 5 times



your toes away from seconds.