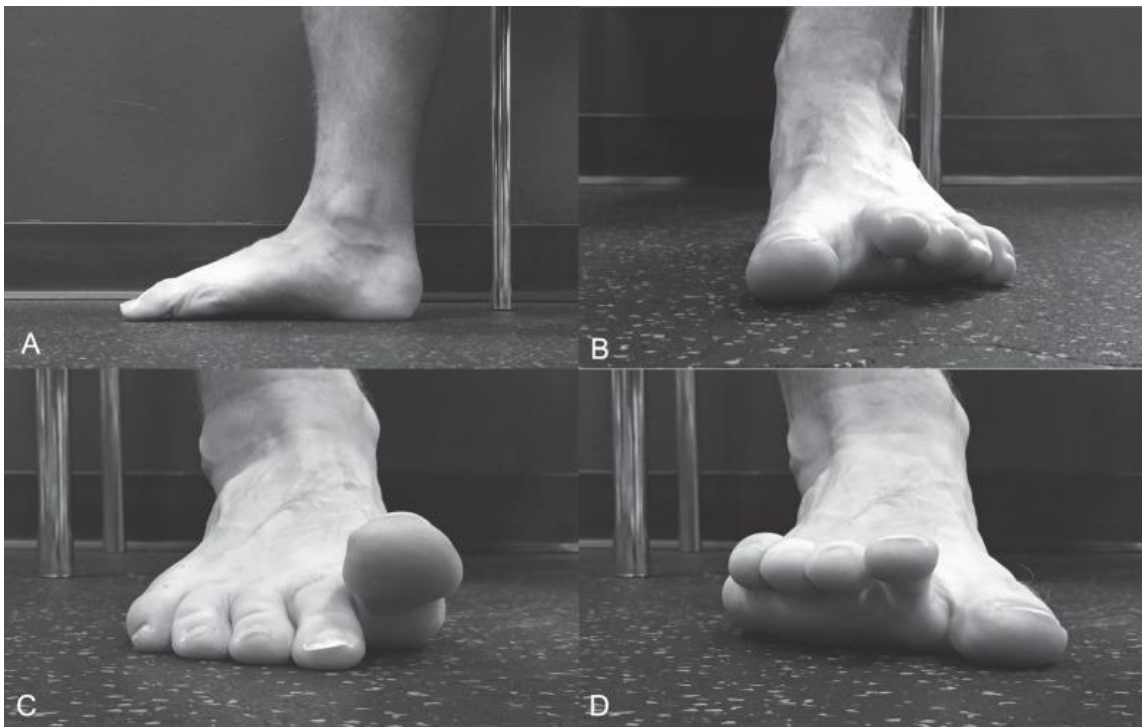


Elite Sports Podiatry, PA

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Exercise Descriptions

Short-Foot Exercise

The short-foot exercise was performed by shortening and raising the medial longitudinal arch by bringing the metatarsal heads toward the calcaneus without flexing the toes or contracting the extrinsic foot muscles.¹

Toes-Spread-Out Exercise

The toes-spread-out exercise was performed by extending all 5 toes and then simultaneously abducting all 5 toes while also flexing the first and fifth toes to the ground, keeping toes 2 to 4 extended. The middle toes were then relaxed.¹³

First- and Second- to Fifth-Toe–Extension Exercise

First-toe extension was performed by extending the great toe while the second to fifth toes remained on the floor in a neutral position. Second- to fifth-toe extension was performed by extending the second to fifth toes while the great toe remained flat on the floor.²³