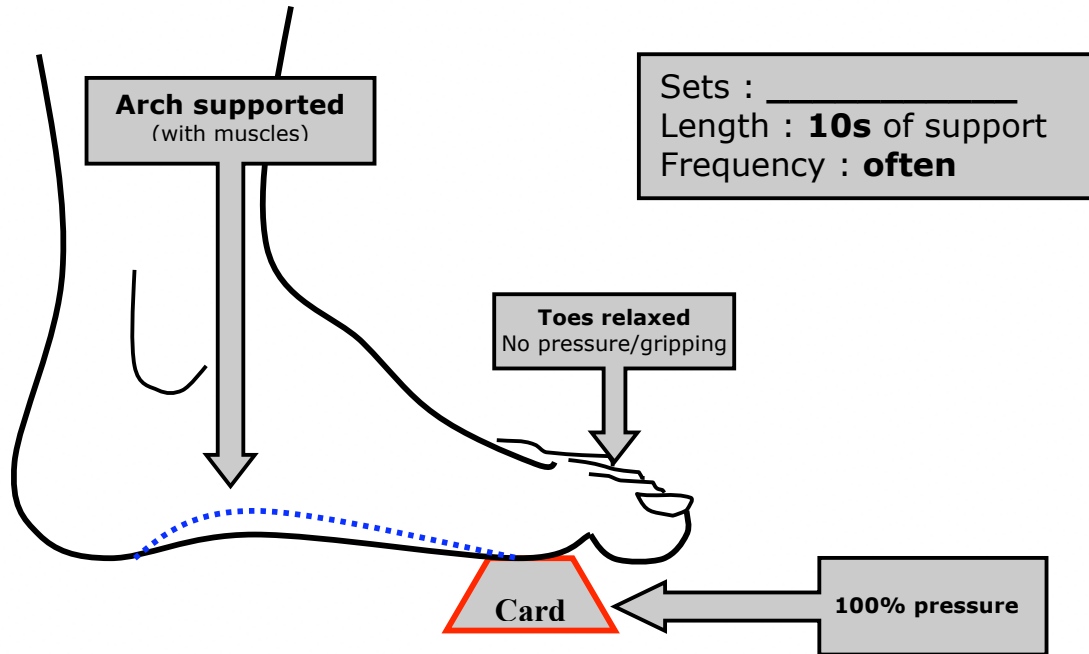




## **STRENGTHENING (INTRINSIC MUSCLES OF THE FEET)**

### **Steps**

- 🏃 Place one hand against a wall, weight even on both legs.
- 🏃 Lift the inside of one foot (inversion).
- 🏃 Lower the big toe while keeping the arch supported.
- 🏃 Keep the weight on the metatarsal heads.
- 🏃 Maintain very little pressure on the toes. (Do not grip the ground.)



### **Progression**

- 🏃 100% body weight on one leg
- 🏃 Ankle dorsiflexion (squat)
- 🏃 Weight placed on forefoot only
- 🏃 Knee oscillations at different speeds

To prevent running injuries, a specific program such as this one can solidify the body. However, strengthening the muscles of the feet by slowly removing foot orthotics and running or walking barefoot as often as possible is a good way to solidify the structures that are responsible for natural absorption while stimulating reflex mechanisms that manage muscle control for the lower extremity.