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Foot Protocol

1. Arch Release:
 - Place the tennis ball under your foot. Slowly roll the ball up and down the sole of your foot, between the balls of your feet, and at the back of your heel.
 - Now kneel and stretch your arch by tucking your toes under your foot and leaning forward.
2. Heel Cord Release:
 - Place your lower calf on the foam roller and cross one leg over the other leg. Lift yourself onto your arms.
 - Roll legs on foam roller up and down your calf.
 - Do this with foot pointing inward and foot pointing outward.
3. Arch Exercise:
 - Place your two feet as close as possible.
 - Lift the insides of your feet upward while leaving the outsides of your feet on the ground.
4. Low Beam Exercise:
 - Stand on the beam with the inside of your foot off of the beam and the outside of your foot on the beam. Support yourself by touching a wall or work with a partner.
 - Lift the inside of your foot upward while maintaining your balance on one foot.
 - Now slowly lower your foot down just below the beam.
 - Repeat
5. Toe curls:
 - Place a theraband on the floor.
 - Pick it up with your toes with one foot.
 - Drop toward your other foot and repeat with opposite side.
 - You can also try to pick up marbles with your toes at home.

6. Arch strengthening using a theraband:

- Cross one leg over the other, and attach the looped end of the theraband to the foot underneath.
- Start with your foot “up and out”.
- Now push the theraband “down and in” towards the inside of your foot.

