

Exercise of the Month



Foot Strengthen Exercise at your Desk: Toe Curls

Purpose: Increase overall foot strength and extensibility of the flexor muscles of the toes and foot to improve balance.

Target Muscles: Plantar flexor hallucis longus and brevis, flexor digitorum longus and brevis

Equipment Needed: Chair, Small Towel (or) T-Shirt

Start/Movement:

- Place small towel or t-shirt on the floor with one foot on it.
- Sit up straight on the end of a chair with your heels under your knees, make sure your legs and feet are parallel to each other with toes pointing straight ahead.
- Leave your heel in place on the towel as you reach out as far as possible.
- While extending you foot remember to keep your heel down, you are going to start moving the towel or t-shirt towards the chair by scooping it with your arch and toes.
- Use all five toes and try to create a deep dome under the arch area. You will only grab a little bit of the towel each time you extend and pull back.

How to incorporate into your workday:

- Try to complete at least three sets of five reps each foot throughout the day.
- Did you feel discomfort while walking? Once getting back to your desk do 5 reps on each foot.
- Been sitting behind your desk for more than a hour? Do 5 reps on each foot.

