

## MESSAGE SEQUENCE

EXERCISE	CUE	EXECUTION
Toe Gymnastics	<ul style="list-style-type: none"> <li>*Squeeze tip of each toe (move from big toes down to pinkie toe)</li> <li>*Spread toes forwards &amp; back</li> <li>*Spread toes wide</li> <li>*Slide fingertips between toes</li> <li>*Give your foot a handshake</li> </ul>	<ul style="list-style-type: none"> <li>*Sit on floor with one foot crossed over another</li> <li>*May use blocks or props</li> <li>*Exercises may be uncomfortable, but not painful</li> </ul>
Transverse Arch	<ul style="list-style-type: none"> <li>*Use your thumb to palpate your transverse arch</li> <li>*Dig deeply enough for your foot to respond and relax</li> </ul>	<ul style="list-style-type: none"> <li>*Make mental note of overly painful points (corresponds to reflexology chart)</li> </ul>
Long Arch	<ul style="list-style-type: none"> <li>*Trace the line from your thumb toes to your heel (draw a long deep line)</li> <li>*Trace one line for each toe</li> </ul>	<ul style="list-style-type: none"> <li>*Ideally using your elbow</li> <li>*Options: golf ball, tennis ball, foot roller, frozen bottle, knuckles</li> </ul>
Heel Awakening	<ul style="list-style-type: none"> <li>*Roll your knuckles across your heel</li> <li>*Be aware if you have pain anywhere</li> </ul>	<ul style="list-style-type: none"> <li>*May be done with legs crossed or backfolded</li> </ul>
Achilles Tendon & Front Ankles	<ul style="list-style-type: none"> <li>*Squeeze the line running up your back lower leg</li> <li>*Point &amp; flex your foot, make circles, try to focus on your ankle flexibility</li> </ul>	<ul style="list-style-type: none"> <li>*May be done with legs crossed or backfolded</li> </ul>