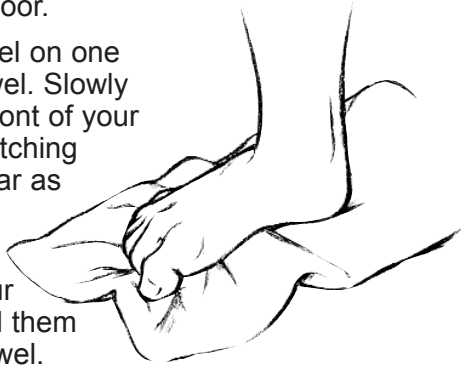


The simple exercises below will help strengthen your toes and prevent foot discomfort.

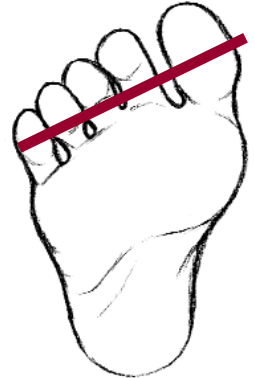
Towel Curls

- Place a small hand towel on the floor.
- Place your heel on one end of the towel. Slowly roll onto the front of your foot while stretching your toes as far as possible.
- Next, reach or stretch your toes, then curl them to grab the towel.
- Release. Straighten the towel. Repeat the exercise 5 times.



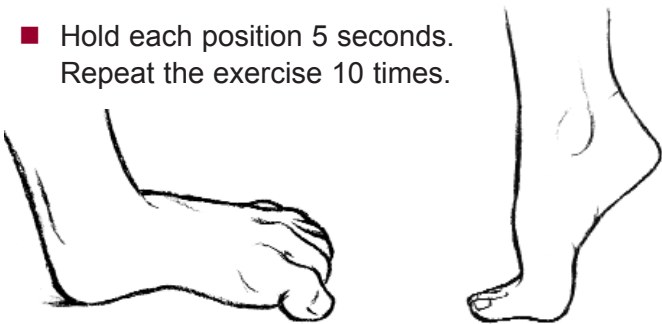
Towel Pulls

- Put a thick rubber band around all of your toes. Spread your toes.
- Hold for 5 seconds. Repeat the exercise 10 times.



Toe Raises, Toe Curls

- See illustration.
- Hold each position 5 seconds. Repeat the exercise 10 times.



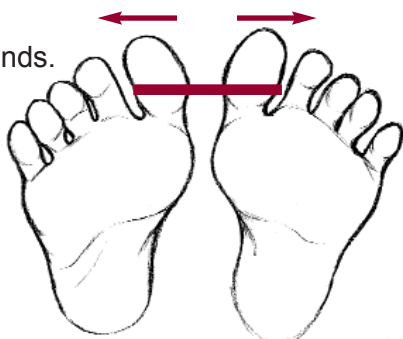
Toe Squeezes

- Place small corks or spacers between your toes.
- Squeeze for 5 seconds. Repeat the exercise 10 times.



Big Toe Pulls

- Place a thick rubber band around both big toes. Pull the feet away from each other.
- Hold for 5 seconds. Repeat the exercise 10 times.



Marble Pick-up

- Place 20 marbles on the floor.
- Pick up the marbles one at a time, and put them in a small bowl.
- Pick up 20 marbles with each foot.

