

Toe Gymnastics

1. (a) Sit with the foot crossed over the opposite knee. Holding the big toe with one hand and the 2nd toe with the other, pull the big toe up and the 2nd toe down, stretching out the tendons and joints. (b) Reverse and pull the big toe down and the 2nd toe up. Make sure to bend the toe joints closest to the ankle, not just the tips of the toes. Do the same with the 2nd and 3rd toes, the 3rd and 4th toes, and the 4th and 5th toes. While you are stretching the toes, massage the tendons on the top and bottom of the toes.
2. Holding the big toe and 2nd toe, spread the toes apart, side to side. Do the same with the 2nd and 3rd toes, the 3rd and 4th toes, and the 4th and 5th toes.
3. (a) Take the hand opposite the foot you are working on and interlace your four fingers in between the five toes. (b) Pull the ankle and the toes down and hold this stretch to lengthen all the tendons on the top of the foot.

