

Doming

1a. Start seated with your foot flat on the floor. Make sure your legs are in alignment with your foot, which is pointing straight from the body at about 90 degrees. Lift your first row of knuckles off the floor into a small arch. Be sure to keep the toes long and straight (do NOT let them curl). Make sure the pads of the toes are not pressing into the floor. Simply allow them to drag along the floor gently.

1b. After performing one repetition of lift and flatten, then keep the foot on the floor and lift the toes up. Be sure to lift them as far as they will go without lifting the rest of the foot off the floor. Alternate back and forth with the first part.



1st Ray Sitting

2a. Start in a seated position with foot flat on the floor. Make sure your legs are in alignment with your foot, which is pointing straight from the body at about 90 degrees.

2b. Push the base of your big toe into the floor firmly. Now slowly turn your foot towards the midline of the body, pivoting on your heel. Keep the base of the big toe pressed firmly into the ground the entire time. Make sure you are not moving your thighs; allow the motion to come from your ankle. Don't let arch drop or roll. Repeat ____ times.



Seated Heel Raise

3. Start in a seated position with foot flat on the floor. Make sure your legs are in alignment with your foot, which is pointing straight from the body at about 90 degrees. Lift your heel off the floor, transferring your weight smoothly to the point between the first and second toes. Only go as high as you can with good alignment. Do NOT allow your weight shift to the outside or inside edge of the foot. Then slowly lower back to original position.



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