

# ARCH STABILIZATION

Perform 3-4 x per week  
Adjust repetitions and sets as needed.

When flared can use frozen water bottle to ice foot

Optional rehab:  
-Heat (Rice sock, Heat pad) - 5-10 min  
-Massage  
-Ball/foam roll  
- TENS  
- Red Light

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## ARCH RAISE

Step 1: Sit in a chair with both feet placed flat on the floor  
Step 2: Raise the arch of your foot by sliding your big toe toward your heel without curling your toes or lifting your heel. Can use tape as a visual cue, pull toes away from tape towards heel.  
Step 3: Hold the position for 6 seconds then relax and repeat for the recommended number of set and repetitions.  
Step 4: Once you feel comfortable performing the short foot movement you can gradually progress to performing the exercise while standing and then eventually from a single-leg standing position.

Complete 1 set      Repeat 10 times  
Hold 6 seconds

- Youtube <https://www.youtube.com/watch?v=bUoTjK0tQEw>

2



## MARBLE/PENCIL PICK UPS

Place several marbles, dice or other small items on the floor and pick them up using your toes as shown. Place them in a cup or bowl and repeat.

Complete 1 set

3



## TOWEL CURLS - TOWEL SCRUNCHES

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

Complete 1 set      Repeat 10 times

4



## TOE SPLAY

-Press big toe into ground  
-Spread last 4 toes out as far as you can and hold 3-5 second  
-These will be felt in the arch of your foot  
- Toe yoga

Complete 1 set      Repeat 5 times  
Hold 2 seconds

- Youtube <https://www.youtube.com/watch?v=wfYSEfwJMDA>  
- Youtube <https://www.youtube.com/watch?v=qojzpnKVOcc>

5

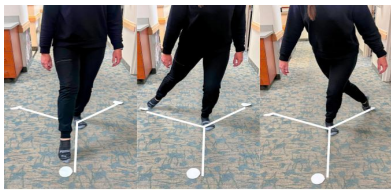


## MEDIAL ARCH DIP

Place your foot on a step with the outer aspect (little toe side) of your foot supported. Gently roll your foot off the step to feel a stretch. Slowly roll your foot back up while curling your big toe toward the ball of your foot. Feel this stretch from the arch foot to the outside of the lower leg.

Complete 3 set      Repeat 10 times

5



### Y-BALANCE & REACH - BAREFOOT

While balancing on one leg, reach forward with opposite leg and touch heel to ground. Reach back and to the left and touch toe to ground. Reach back and to the right and touch toe to ground. Maintain slight bend knee on leg that you are balancing with and don't allow knee to cross midline. Start on hard floor, progress to carpet, grass, pillow, foam pad.

Complete 1 set    Repeat 10 times

6

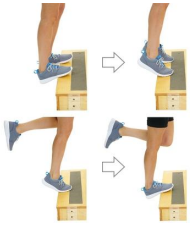


### DOUBLE LEG HEEL RAISES - CALF RAISES - STANDING

While standing, raise up on your toes as you lift your heels off the ground.

Complete 1 set    Repeat 10 times

7



### ECCENTRIC HEEL RAISES - CALF RAISES - STEP - UNILATERAL

Stand with both feet on the edge of a step so that your heels are off the edge of the step as shown. Press down through your toes as you raise your heels upward.

Next, lift the non-target foot off the step so that you are standing on one leg. Then, lower the heel of the foot that is on the step back down. Place both feet on the edge of the step and repeat.

Complete 1 set    Repeat 10 times

9



### FOAM ROLL - CALVES BILATERAL

Start by sitting with the foam roll under your calves.

Next, lift your body up with your arms and roll forward and back across your calves.

Complete 2 set    Hold 15 sec

10



### STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

-Repeat with back leg slightly bent.

-You will get a better stretch if you put a rolled towel under the first (big) toe at the ball of the foot

Complete 2 set    Hold 15 sec

## Insole Recommendations

Brands:

- Superfeet
- Powersteps
- Currex

Buy them at:

- Runners Corner (Orem)
- UtahRUN (American Fork)
- Amazon.com