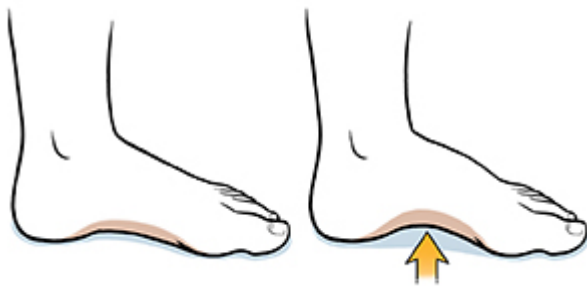


Arch Retraining



These exercises are for your left foot. Switch sides for your right foot.

1. Sit in a chair or stand with both feet flat on the floor. Press down with the ball of your left foot, but only on the right side of the foot, just under the big toe.
2. Then pull the bottom of your big toe back toward your heel. This should pull up the arch of your foot. Don't flex your toes while doing this. It is a subtle movement of the arch.
3. Hold for 5 seconds. Relax.
4. Switch feet.



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