

3 Sets / 3 Reps / 1 s hold



1. Feet together balance eyes closed

Start in a standing position.

Place your feet together so they are touching, or as close together as you can get them.

Close your eyes and try to hold this position for as long as you can.

3 Sets / 3 Reps / 1 s hold



2. Tandem foot balance head turns

Stand with one foot in front of the other.

The toes of your back foot should just touch the heel of your front foot.

Spread your weight evenly across both feet.

Turn your head one way then the other.

Hold this standing position for as long as you can whilst continuing to turn your head.

1 Set / 1 Rep / 1 s hold



3. Intrinsic Foot Exercise (Marble pickup)

Sit in a chair and place the marbles on the floor.

Pinch the marbles between your toes and pick the marbles up.

2 Sets / 1 Rep / 30 sec duration



4. Self massage to foot arch

Sit up straight.

Pull the leg of your affected foot in towards you, allowing your knee to drop out to the side.

Place some cream in the arch of your foot, lightly rubbing it in in circles.

Using the tips of your fingers or your thumb, with some gentle pressure, slowly run your fingers from the ball of your foot to your heel in a straight line.

This can be performed in either direction.

Ensure you do this movement on the middle and outer side of your foot arch too.

Regularly swap hands to prevent them tiring.

5. Plantar fascia ball roll

Start in a seated position.
Place a small ball underneath the arch of your foot.
Apply pressure down on the ball, and roll the ball from the base of the heel up to the base of the great toe.

