

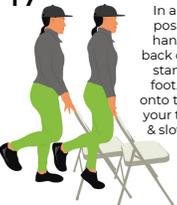
HUMAN MAINTENANCE

Don't Wait Until You Break

OCTOBER FOOT CARE & EXERCISES!

Complete the Dynamic Physical Readiness Routine and spend a little extra time each day on the stretch or exercise of the day on the calendar below.

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

<p>02 SINGLE LEG BALANCE</p> <p>Lift one leg. Root down through your heel on your standing leg. Spread your toes. Engage your core and keep hips level.</p>  <p>20 Sec</p>	<p>03 ANKLE ROLL</p> <p>Standing on one foot, lift the other & roll the ankle around clockwise, then counter-clockwise.</p>  <p>5 Reps</p>	<p>04 CALF STRETCH</p> <p>Start in a standing lunge position with the back leg straight & your toes pointed straight ahead. Lean slightly forward to feel a stretch on the back of your ankle & lower leg.</p>  <p>20 Sec</p>	<p>05 CALF RAISES</p> <p>Raise up onto the tips of your toes, lower down & repeat.</p>  <p>15 Reps</p>	<p>06 PLANTAR FASCIA STRETCH</p> <p>Grasp your toes & pull them into an extended position. You should feel a stretch on the bottom of your foot at the base of your toes.</p>  <p>5 Reps</p>
<p>09 PIANO TOES</p> <p>Raise all toes off of the floor. Slowly lower each toe down sequentially starting with the pinky toe.</p>  <p>10 Reps</p>	<p>10 4 TOE EXTENSION</p> <p>Standing with bare feet on a flat surface, keep the big toe on the floor and lift all other toes up.</p>  <p>10 Reps</p>	<p>11 ALL TOE EXTENSION</p> <p>Standing with bare feet on a flat surface, lift all toes up off the floor.</p>  <p>10 Reps</p>	<p>12 SHORT FOOT</p> <p>Keeping toes, ball of foot, & heel on the ground, lift arch by pressing the ball of the big toe into the ground & sliding toward heel. Toes should not curl. Hold for 10 secs.</p>  <p>10 Reps</p>	<p>13 ANKLE PUMPS</p> <p>In a seated position, keeping your toes on the floor, raise your heels up pushing down through the ball of your foot.</p>  <p>10 Reps</p>
<p>16 SOLEUS STRETCH</p> <p>In standing lunge position, straighten back leg with toes pointed straight. Bend back knee to feel a stretch on the back of your ankle & lower leg.</p>  <p>20 Sec</p>	<p>17 SINGLE LEG CALF RAISE</p> <p>In a standing position with hands on the back of a chair, stand on one foot. Raise up onto the tips of your toes, hold & slowly lower down.</p>  <p>15 Reps</p>	<p>18 PLANTAR FASCIA STRETCH - CALF STAIR RAISES</p> <p>Stand with only ball of feet on a stair. Raise up on 2 legs, then lower down on 1. Hold for 10 secs in a stretch. Put both legs down.</p>  <p>10 Reps</p>	<p>19 BIRD/DOG</p> <p>Begin in a position on hands and knees. Activate the lower abdominals and slowly extend out one arm and the opposite leg. Hold briefly.</p>  <p>10 Reps</p>	<p>20 TOWEL SCRUNCHES</p> <p>Sitting in a chair with your feet positioned on a towel, scrunch your toes to bunch up the towel under your foot.</p>  <p>10 Reps</p>
<p>23 PLANTAR FASCIA</p> <p>In a seated position, place a ball (tennis or lacrosse ball, or frozen water bottle) under your foot. Roll ball back & forth, applying gentle pressure.</p>  <p>30 Sec</p>	<p>24 STEP UP</p> <p>With your foot planted solidly on a step, lean forward & step up. Press through your heel, squeeze your glutes & keep knee in line with your ankle.</p>  <p>10 Reps</p>	<p>25 ANKLE ABC</p> <p>Move one foot as if you are writing the alphabet with your toes. Try all capitals, lowercase and/or cursive!</p>  <p>5 Reps</p>	<p>26 SINGLE LEG RDL</p> <p>Slightly bend knee & raise one leg off the floor, squeezing glutes. Hinge at hips & lower torso until it's almost parallel to the floor.</p>  <p>10 Reps</p>	<p>27 MONSTER WALK</p> <p>With a resistance band around ankles, take wide steps forward & backwards, keeping resistance on the band the whole time.</p>  <p>15 Reps</p>
<p>30 LATERAL LUNGE</p> <p>Step off to one side, drop your hips back into a side lunge. Keep your front knee over your ankle & squeeze your glutes to rise back to standing.</p>  <p>10 Reps</p>	<p>31 FOAM ROLLER: CALF</p> <p>Sit on the ground with a ball or foam roller between your calf & the floor. Press your leg down to get more pressure or relax your leg for less pressure. Roll up and down your calf.</p>  <p>30 Sec</p>			

Daily Dynamic Warm-Up: Use a fluid motion to complete each exercise 8x.

<p>BEAR HUGS</p> <p>Inhale as you open your arms out wide. Exhale as you cross your arms around your foot to give yourself a hug.</p> 	<p>NECK YES/NO</p> <p>Tilt head to one side. Move your head in a "yes" motion and then a "no" motion. Switch sides.</p> 
<p>SHOULDER BLADE SQUEEZE</p> <p>Arms relaxed at side in standing position. Complete exercise by squeezing shoulder blades together.</p> 	<p>LAT PULLBACKS</p> <p>Start with arms extended, keeping elbows at shoulder level. Drive elbows back to feel scapula pinch.</p> 
<p>WRIST CIRCLES</p> <p>Rotate your wrists slowly counter clockwise and then clockwise. Switch wrists.</p> 	<p>OPEN/CLOSE GATE</p> <p>Lift leg forward with a bent knee and rotate leg out to side while keeping hips level to open gate. Lower foot to ground. Repeat other side.</p> 
<p>DYNAMIC SCIATIC N</p> <p>Tilt forward from the hips. Heel out, toes up, then point the toes down. Repeat toe up, toe down.</p> 	<p>HEEL TO TOE</p> <p>Lift your toes putting all your weight on your heels, then lift high up on the toes. Repeat.</p> 