









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

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

**BEAR HUGS**

Inhale as you open your arms out wide. Exhale as you cross your arms around your foot to give yourself a hug.



**NECK YES/NO**

Tilt head to one side. Move your head in a "yes" motion and then a "no" motion. Switch sides.



**SHOULDER BLADE SQUEEZE**

Arms relaxed at side in standing position. Complete exercise by squeezing shoulder blades together.



**LAT PULLBACKS**

Start with arms extended, keeping elbows at shoulder level. Drive elbows back to feel scapula pinch.



**WRIST CIRCLES**

Rotate your wrists slowly counter clockwise and then clockwise. Switch wrists.



**OPEN/CLOSE GATE**

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.



**DYNAMIC SCIATIC N**

Tilt forward from the hips. Heel out, toes up, then point the toes down. Repeat toe up, toe down.



**HEEL TO TOE**

Lift your toes putting all your weight on your heels, then lift high up on the toes. Repeat.

