



### **Arch Wind-Up**

Sit in a chair with your feet hip width apart, toes pointing forward, and elbows on knees. Keeping toes in place, move heels apart. Plant down the balls of the big toes, and slide heels inward keeping all toes down-back to starting position. Feel the arches wind and lift as you go through the exercise. Repeat 10 times, 2-3 sets.

### **Windshield Wiper**

1. Sit in a chair with your feet hip width apart and knees pointing forward.
2. Keep your knees still as your toes and feet open outward.
3. Feet stay flat on the floor as you press into the first metatarsal (ball of the big toe) as you slowly turn your toes to point forward again. You should feel your arch lift a bit and muscular engagement on the bottom of your foot as you turn on your heels. Repeat 10 times, 3 sets.