

Foot Stability Training

FORM: Total Body stability is key to healthy daily functions and sports. To work on improving total body stability work on your feet's stability. To work on foot stability try to strengthen your toes. First isolate the big toe from the other toes when you are standing or in a seated position. Push the big toe into ground while slightly elevating the other four toes. Then try to extend the big toe while the other toes are pressed into the ground. You can do this in seated and standing positions. As you improve use your finger or other big toe to apply resistance to the big toe as you try to drive it into the ground. You can also do other exercises like towel curls and marble pick ups ([see exercises](#)) to strengthen your feet. All of which would help in foot and total body stability.

Do it Right!
Exercises you Should Do



The feet is considered by many the foundation of the body. Weak feet will not only negatively effect the feet, but will effect the ankle, knee, hip, and low back. Foot stability and an adequate core is essential for good balance, which is the cornerstone of movement. ([Study](#)). I always tell people when doing single leg balance exercises to do 2 things: 1. Root their feet to the ground 2. Grab the ground with their feet. It is amazing how those two things improve single leg balance. At the same time they strengthen your feet, which helps prevent injuries. Foot Stability is defined as the ability of the foot to continually adjust its position to maintain the body in an upright, balanced position. There are numerous benefits to having strong feet and this can be encouraged by performing proper foot exercises like the ones described above. Additionally, flexibility can be attained by exercising the feet and this may positively affect balance and support of the body's weight. Combination of adequate strength and flexibility will assure injury prevention at the foot and up the chain of the body. Foot exercises may improve you arches as well. One study found that to improve flatfoot, applying short foot exercises (like the ones described) was more effective than applying arch support insoles in terms of medial longitudinal arch improvement and dynamic balance ability ([Study](#)).