

Notes :

## 1 Foot Strengthening



First position your toes up against the spiky ball  
Curl the toes to hold the ball  
Roll the ball forwards and under the foot, curling the toes as far as possible.



## 2 Toe flexion on spiky ball (long flexors)

Place your toes on top of a spiky ball.  
Press your toes down in the ball.



### 3 Curl around spiky ball + lift (short flexors)



Curl the toes around a spiky ball and then lift the ball off the floor by "gripping" it with your curled toes.

Make sure you extend the toes at the start of the movement and curl them as far as possible as you roll them over the ball.

