GAIT Happens
Every Sole Matters

COMBATING BUNIONS COURSE EXERCISES

Disclaimer: The exercises included in this plan are general recommendations. If you are new to these exercises, you may want to start with less than the recommended dosage and build up. Please consult with your local provider or schedule a virtual consultation if you have questions or discomfort.

FINDING THE WHOLE FOOT	• Ball Massage for the Foot: Complete for 90 seconds • Foam Roller Foot-Hip Connection Drill: Hold for 20 seconds, Repeat 3-5x • Foot Twist & Balance: Build up to 60 seconds
BIG TOE CONTROL	• Lift, Spread, and Reach: Repeat 20x • Resisted Lift, Spread, and Reach: Repeat 20x • Pen Taps: Repeat 20x • Assisted Pen Taps: Repeat 20x
FIFTH TOE CONTROL	• Pinky Toe Taps: Repeat 20x • Banded Pinky Toe Press: Repeat 20x • Banded Lift Spread Reach: Repeat 20x
MOBILITY FOR THE FOOT	• Targeted Ball Mobility for the Foot: 90 seconds • Standing Rotation for Foot Supination and Pronation: 10x each direction
MOBILITY FOR TAILOR'S BUNIONS	• Dynamic Calf Mobility: 10x each direction • Lateral Column Mobility: 90 seconds • Soleus/Midfoot Balance: Build up to 30 seconds, Repeat 3x
STRENGTH FOR THE WHOLE CHAIN	• Lateral Wall Sit/Stork Drill: 10 reps each side, 3 Sets • Banded Lateral Wall Sit/Stork Drill: 10 reps each side, 3 Sets • Pallof Press: 10 Presses each side, Repeat 3x

Schedule your virtual consultation with one of our Gait Specialists at www.gaithappens.com/schedule/