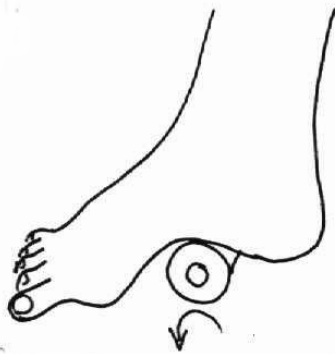


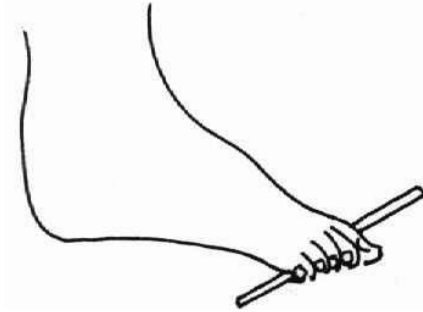


Advice Sheet AS17: Exercises for the Feet

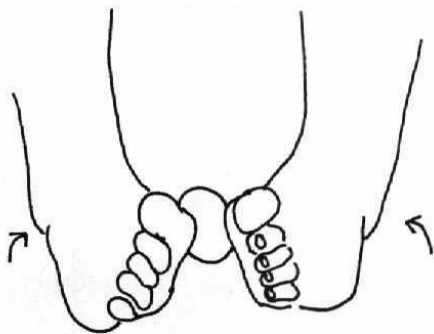
Exercises and care of the FOOT



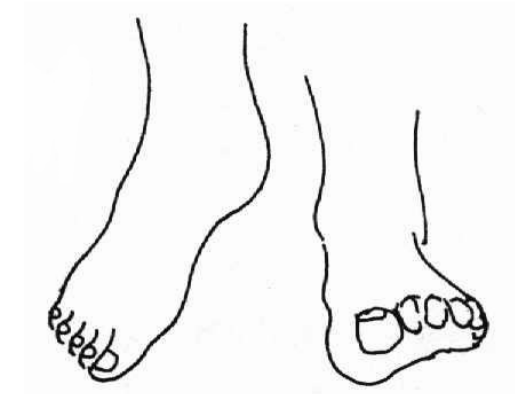
1. Roll the foot over a rolling pin.



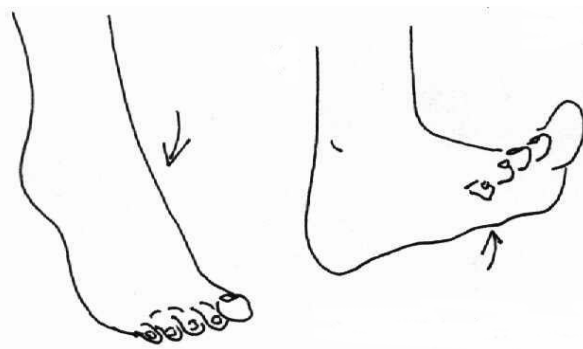
5. Pick up a pencil with the toes.



2. Attempt to pick up a ball between the feet.



6. Walking bare foot on carpet.



- 3 and 4. Attempt to stand on the toes and then onto the heels.