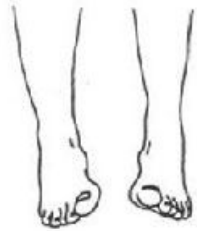


# KEARNY WELLNESS

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## Foot Drills

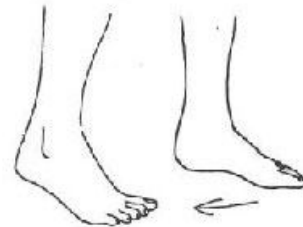
**INVERSION**



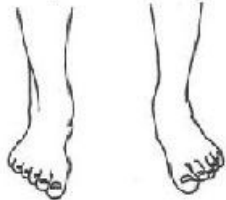
**TOE IN**



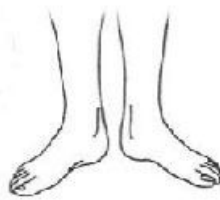
**BACKWARD ON TOES**



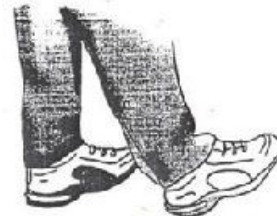
**EVERSION**



**TOE OUT**



**WALK ON HEELS**



Purpose: the foot is a complex multi-joint with many ligaments and small muscles. Performing general range of motion such as with the foot drills can help facilitate quicker relief.

Foot drills can be utilized for general warm-ups or for treatment of acute injuries such as sprains strains or chronic issues such as plantar fasciitis.

Foot drills are best completed on a flat surface for at least three minutes.