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**FOOT CORRECTOR**

 **FOOT PRESSES**

Stand next to the foot corrector and place the metatarsals of one foot on the corrector.  Wrap the toes over.  Place pads on foot corrector if needed.

Keep the weight off the back foot.

Press straight down.

Release.

ADD:  Press down, Lift the back leg.  Lower the leg.  Lift the pedal.

Notes:

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**INCHING**

Stand next to the foot corrector and place the metatarsals of one foot on the corrector.  Wrap the toes over.

Press and release moving the foot back, inch by inch all the way to the heel.

Notes:

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 **WRAP THE TOES/FLEX THE TOES**

Place the ball of the foot on the foot corrector.

Bend forward knee.  Press/lift.

Press/lift toes/lower toes/release

Repeat with heel on top.

Notes:

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**METATARSAL PRESSES AND HEEL PRESSES**

Press down, release pulling up into torso.

Notes:

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 **REAR LEG ROLL UP**

Stand behind the foot corrector and place the metatarsals of one foot on the corrector.  Wrap the toes over.  Place pads on foot corrector if needed.

Place ball under back heel.

Bend front knee keeping back leg straight.

Press/release.

Repeat with front leg straight and back leg bent.

Press/release

Repeat with both legs bent.  Straighten legs.

Notes:

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