**TOE CORRECTOR**

**TOE SPREAD**

Position Toe Corrector either at the very bottom or below the toenails. Sit on the floor with legs extended long.

Flex the feet throughout the exercise so that they look as if they are againsta wall. Spread the toes, pressing the big toes away from each other.

Release.

NOTES:

**GAS PEDAL**

Tilt both feet forward as if pressing a gas pedal. Hold for 10 seconds. Then alternately tilt one foot forward at a time. Hold again for 10 seconds

NOTES:

**DIAMOND HEEL LIFTS**

Toe Corrector around the toes. Sitting in the diamond position. Feet in small V. Heels touching. Toe Corrector springtense but not open.



External rotation of the legs and feet. Toe Corrector spring tightens.

Roll forward on the outer edge of the toe. Heels outward until feet are parallel.

Lift heels and rollonto edge of small toes. Lower heels again.

Merge heels. Flex feet.

Turn feet Inward until Toe Stretcher relaxes **again.**

NOTES:

**TOE CORRECTOR FOR THE UPPER BODY**

**ABDUCTION OVER HEAD· ARMS BENT**

Standing, sitting or kneeling. Place Toe Corrector around the thumbs. Raise arms overhead or just in front of head, elbows slightly bent outward. Toe Corrector spring tense but not open.

Press Toe Corrector out

Release

Work one side at a time Repeat with straight arms

NOTES:

**ABDUCTION IN FRONT OF BODY**

Standing, sitting or kneeling. Place Toe Corrector around the thumbs Raise arms in front of torso, just below shoulders, arms extended.

Toe Corrector spring tense but not open. Press out. Release

Work one side at a time.

NOTES:

**THE BALL**

Standing, sittingor kneeling. Place Toe Corrector around the thumbs. Raise arms in front of torso, just below shoulders, arms extended Press the *Toe* Corrector outward.

Lift one arm up while the other arm goes down.

NOTES:

**ABDUCTION BEHIND BODY**

Place the Toe Corrector on thumbs behind back. Lift arms up

Press the Toe Corrector outward. Lower arms

NOTES:

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**ABDUCTION BEHIND BODY ANO ROLL-DOWN**

Place the Toe Corrector on thumbs behind back. Lift arms up

Press the Toe Corrector outward. Roll down.

Roll up.

NOTES:

**ABDUCTION BEHIND BODY AND ROLL-DOWN WITH EXTENSION**

Place the Toe Corrector on thumbs behind back. Lift arms up

Press the Toe Corrector outward. Roll down.

Begin to roll up. Lengthen spine to back flat position. Straighten to standing.

lift chest to extension.

NOTES: