



LONDONTRAINER

Pointing and Flexing the Feet

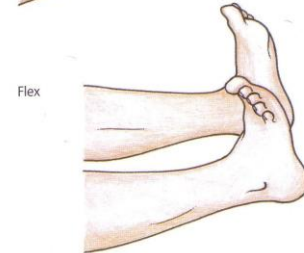
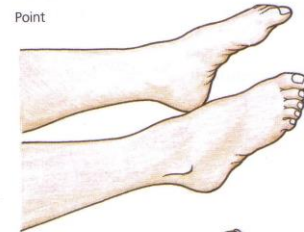
Pointing and flexing the feet correctly maintains the right balance in the foot and calf muscles

Starting position

You can practise this exercise seated or lying semi-supine with one leg bent and gently extended, held behind the knee.

Pointing the Feet

1. Try softly pointing the foot away from your face, keeping it in a line with the ankle, knee and hip joint.
2. A common mistake is to over-point, which would make the foot 'sickle' inwards. Keep the foot long and make sure that the toes do not curl.
3. Repeat ten times with each foot.



Flexing the Feet

1. Now try gently flexing the foot, pushing the heel away from your face. The toes will come towards your face but again they should not curl over. Keep them long with the heel lengthening away.
2. Repeat ten times with each foot.



Incorrect point

Correct point