

Super Ball Exercise

Purpose: This home work is designed to help continue and maintain the Work we did in the second session on the bottom of the foot.

How Often: It is ideal to perform this homework 2-3 times per week for 2-3 minutes per foot at a time. It is important not to over work the foot by performing this homework longer then 2-3 minutes at a sitting. Make sure to listen to your body and discontinue of there is any kind of discomfort when performing this home work.

Directions:

Body Position

It is ideal to sit in a comfortable chair where you can have equal amount of weight between your sitz bones and your feet. Make sure your lower leg is straight up and down or perpendicular to the floor, while your upper leg or thigh is parallel to the floor. Place the ball 4-5 inches behind your heel.

The Motion

You are going to be working straight lines with the ball from the front of your foot back to the heel. When the super ball gets to your heel, lift your foot off of the ball and reset to the original position moving the super ball to a different part of your foot and repeat.

It tends to be easier if your start your first line in the middle of your foot. The key to this motion is to go slow using your body weight and not your muscle power. It is normal and okay for areas of your foot to be slightly tender as you perform this homework, but it should never be painful.

