

# Saying your prayers

## Why do this exercise?

This exercise helps to stretch the tissues muscles in the front of your feet and improves your toes' range of motion

## How to do this exercise?

1. Kneel on the ground and curl your toes under.
2. Turn your ankles outwards so that all your toes are in contact with the ground.
3. Slightly lower yourself so that your bottom is resting on your feet – if this is possible.

## How often?

Your podiatrist will let you know how many times to do this exercise each day.

- sets
- repetitions each set
- times per day

