Wobble Board Diagonals

Place foot on center of wobble board with toes pointing at 12:00 (picture 1). While keeping toes pointed at 12:00 and keeping your ball of foot and heel on the board, contract/tighten your arch muscles. Instead of curling toes, think of pressing toes flat into board. Move your foot from 11:00 to 5:00 with toes pointing at 12:00 (pictures 2 and 3). Then move foot from 1:00 to 7:00 with toes pointing at 12:00 (pictures 4 and 5).

Repeat 20 times each diagonal. Do ___ times / day. Do ___ times /week.

Erbst OrthoSport Physical Therapy

(919) 612-1673