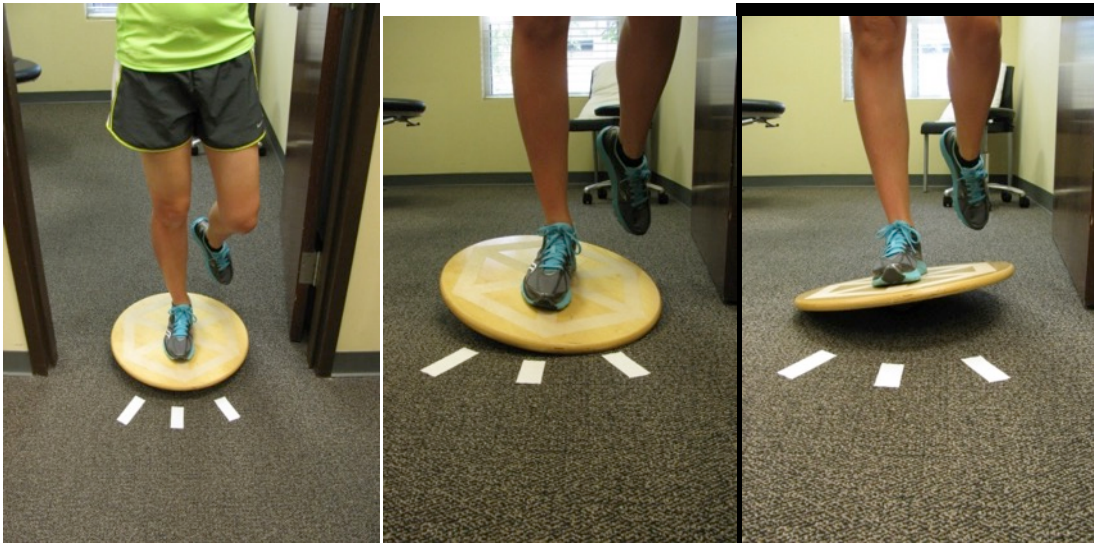


## Erbst OrthoSport



### 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.  
3

***Erbst OrthoSport Physical Therapy***

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