

**Move 1**

Place both thumbs on the sole of the foot between the 2<sup>nd</sup> & 3<sup>rd</sup> metatarsals on their mid-point. Encircle the foot with the fingers of both hands to support the move. Draw skin proximally towards the calcaneus (heel), challenge and make a firm move distally (toes) with the palmar aspect of both thumbs over the plantar fascia, influencing the deeper flexor muscles to it.

**Moves 2**

Place the 2<sup>nd</sup> to 4<sup>th</sup> fingers of both hands in line with the 1<sup>st</sup> metatarsal phalangeal joint with the nails back-to-back. Place the fingertips over the plantar aspect of the 1<sup>st</sup> metatarsal phalangeal joint. Place both thumbs over the dorsal tendons of the toes. Flex the toes towards the heel by guiding the plantar aspect of the metatarsal joints proximally to the calcaneus. The thumbs gently guide the tendons of extensor digitorum longus distally. More emphasis is placed on the fingers drawing the pad of the ball of the foot towards the heel for this procedure. Move progressively from the 1<sup>st</sup> MTPJ to the 5<sup>th</sup> MTPJ and back to the 1<sup>st</sup> repeat if needed to soften tension in the muscles and joints.

