



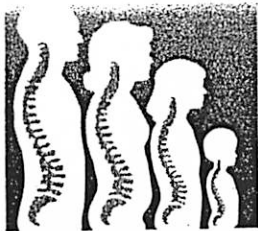
Marka L. Bruhl, D.C.

Warren W. Bruhl, D.C., D.I.C.C.P.

- Diplomate International Council Chiropractic Pediatrics
- ICA Council on Chiropractic Pediatrics
- Illinois Chiropractic Society

FOOT EXERCISES

1. Pick up marbles with your toes and put them down. Do this 10 minutes each day.
2. Put a washcloth under your foot. Using the muscles in your toes, draw the washcloth toward the center of your foot.
3. Roll your foot over a golf ball. Do this with each foot for 5 minutes twice a day.
4. Roll up a towel the long direction. Hook it around your foot and pull the towel toward you. This is intended to stretch the calf muscle and the achilles tendon.



Chiropractic Pediatrics • Nutrition
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630 Vernon Ave., Suites F&H
Glencoe, IL 60022
(847) 835-4700
FAX (847) 498-5363