

## **Foot “Core” Doming Exercise**

**Purpose:** to improve intrinsic foot strength w/ minimal-to-no aid of extrinsic muscles

**Indications:** for those who have flat feet and/or are over-pronators; for those who have difficulty loading 1<sup>st</sup> ray, have balance issues or previous foot/LE injuries; for post-fx or post-boot

**Common Diagnoses:** plantar fasciitis, Achille’s tendonitis, post tib tendonitis, Fx

### **Progression:**

- Seated
- Standing bilateral
- Standing unilateral
- CKC exercises

### **Verbal Cuing:**

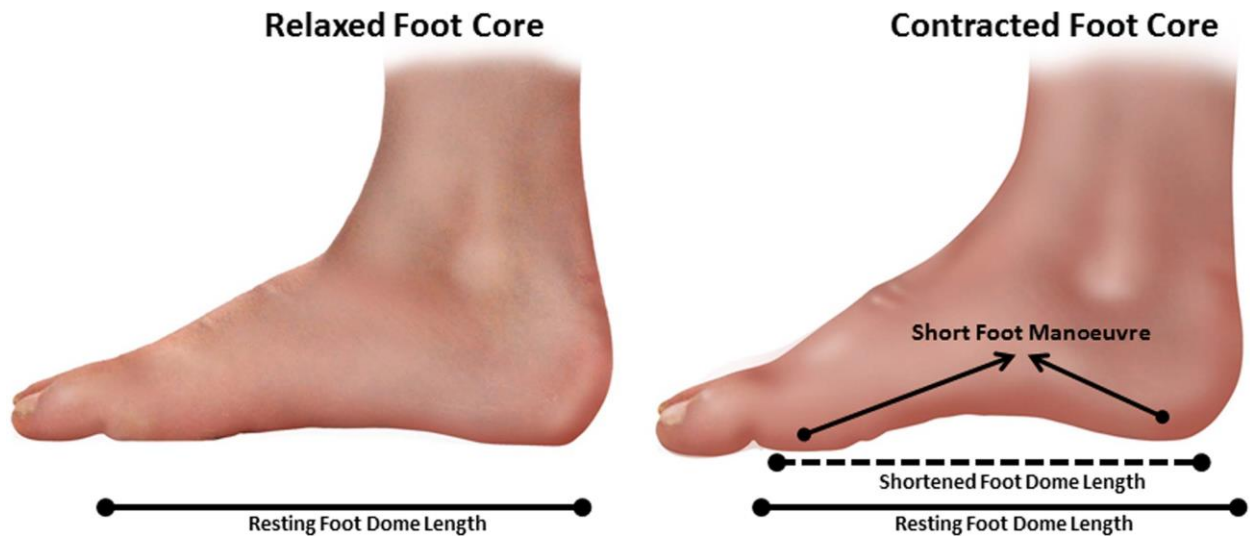
- Keep heel anchored to ground and “pull” forefoot towards heel
- Don’t tilt/twist ankle
- Keep pressure through 1<sup>st</sup> ray
- “pucker up” the arch
- Extend all toes to feel pressure increase under met heads
- Don’t let your toes curl under or grip the floor

### **Tactile cuing:**

- Use your hands to demonstrate - emphasize increasing arch height while pushing 1<sup>st</sup> ray towards heel
- Pt. pulls 1<sup>st</sup> met head posteriorly against PT’s resisting finger
- Use theraband to provide RNT to promote 1<sup>st</sup> ray depression

### **Advanced progression:**

- Keep lateral 4 toes down and extend 1<sup>st</sup> MTP
- Keep 1<sup>st</sup> MTP down and extend lateral 4 toes



#### References

- Ridge ST<sup>1</sup>, Myrer JW<sup>1</sup>, Olsen MT<sup>1</sup>, Jurgensmeier K<sup>1</sup>, Johnson AW<sup>1</sup>. Reliability of doming and toe flexion testing to quantify foot muscle strength J Foot Ankle Res. 2017 Dec 8;10:55. doi: 10.1186/s13047-017-0237-y. eCollection 2017.
- McKeon PO<sup>1</sup>, Hertel J<sup>2</sup>, Bramble D<sup>3</sup>, Davis I<sup>4</sup>. The foot core system: a new paradigm for understanding intrinsic foot muscle function. Br J Sports Med. 2015 Mar;49(5):290. doi: 10.1136/bjsports-2013-092690. Epub 2014 Mar 21.

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