

2021 21-Day Self-Care Challenge - *Your Best Foot (Feet!) Forward!*

Nightly Forefoot and Toe Massage

5 steps each foot, 5 minutes total

1. Interlace the fingers between the Toes *
2. Massage, squeeze and rub the Top and the Bottom of the Forefoot/Midfoot
3. With the fingers still interlaced, slowly rotate the Ankle clockwise and counter-clockwise to create even more space in the Forefoot and Ankle
4. Massage each individual Toe: pinch, rub, lengthen, squeeze, rotate it
5. "Scrape" or scratch the Tip of each Toe to increase blood flow

Breathe and relax. Repeat on the second foot.

The purpose of this nightly Forefoot/Toe massage is to release any contraction in the toes before going to bed, promote circulation in the toes and foot up through the ankle, and enhance your mind-body connection to those far-away digits for improved balance and proprioception.



NOTES For **step 1** - * if you have any trouble with this you just **do the best you can**. Be gentle, be patient, be consistent! Try a little lotion or powder, interlace only those toes you are able to, interlace them for only as long as you can no matter how briefly, or just simply work the whole front of the foot with the *intention* of toe spreading/interlacing some of them by the end of the 21 days.

For **step 5** - Use your fingers, or you can even use a tool such as a spoon or a small "gua sha" stone <https://www.amazon.com/gua-sha-stones/s?k=gua+sha+stones>. Even a coin might work!

Pay close attention to your body sensations and feel free to develop your own techniques! Be well!