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Foot Drills by Dr. Russ Ebbets D.C.

Dr. Ebbets found in his athletes that doing these foot drills daily reduced recovery time of lower extremity injuries and decreased the amount of future injuries. As he stated, the main 3 problems with the foot drills are that they are “simple, easy and free”.

These drills not only strengthen foot and lower extremity muscles, but they build coordination between the brain and the long pathways down to the feet. Training foot coordination can contribute to a decrease in injuries.

“The six drills, illustrated below, are simply to walk on the outside of the foot (invert the foot), walk on the inside of the foot (evert the foot), walk with a toe-in, or pigeon-toed gait (adduct the foot), walk with the toes pointing out (a la Charlie Chaplin), and with the shoes back on, walk on the heels – this protects against bruising the heel.” About 25 yards for each drill is ideal, if possible.

