

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 1st 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:

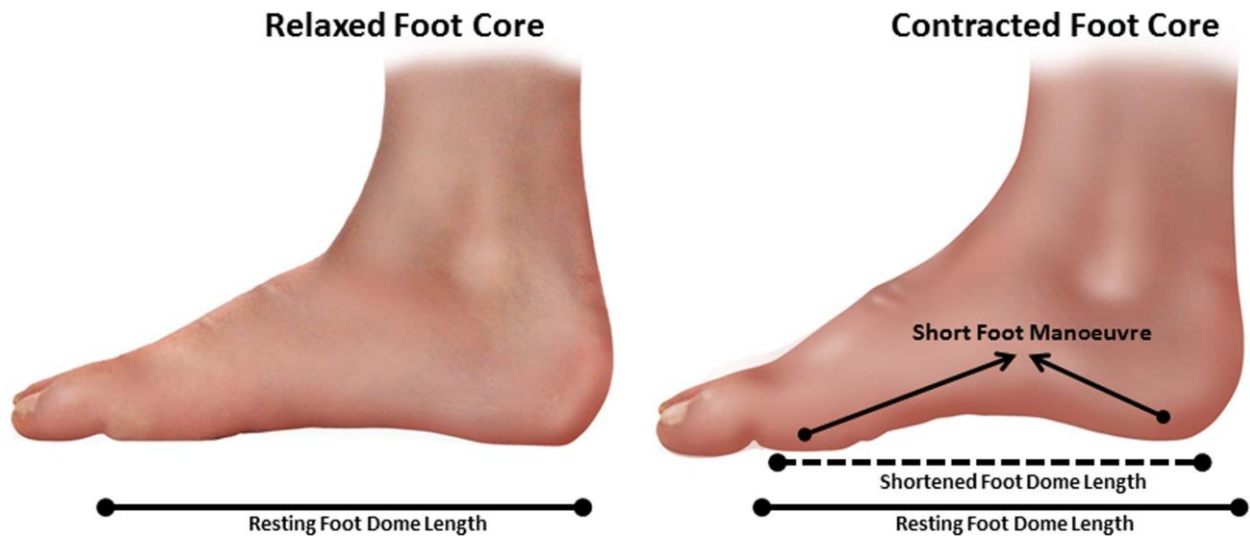
- Keep heel anchored to ground and “pull” forefoot towards heel
- Don’t tilt/twist ankle
- Keep pressure through 1st ray
- “pucker up” the arch
- Extend all toes to feel pressure increase under met heads
- Don’t let your toes curl under or grip the floor

Tactile cuing:

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

Advanced progression:

- Keep lateral 4 toes down and extend 1st MTP
- Keep 1st MTP down and extend lateral 4 toes



References

- Ridge ST¹, Myrer JW¹, Olsen MT¹, Jurgensmeier K¹, Johnson AW¹. 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 PO¹, Hertel J², Bramble D³, Davis I⁴. 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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