

Alleviate Painful Corns, Bunions and Hammertoe: Try the Pilates Toe Corrector!

By Chandra Healy

Do you have a painful sensation, redness, inflammation in your toes causing you discomfort, perhaps numbness? Try the Pilates toe corrector that may help your alignment issues in your feet, correct bad habits, assist with your balance and may alleviate painful corns, bunions and hammertoe without spending your dollars on annoying foot cushions or pads and expensive foot surgeries.

Many people suffer from calluses on the big toes, ingrown toenails and soreness between the toes, which results in bunions, corns and hammertoe. Bunions force the toe out of alignment resulting in a bump on the bottom joint of the big toe and hammertoe that bends the joint of the second, third, fourth or fifth toes creating a claw-like position of the toes.

Here are some simple exercises that you can easily follow in the comfort of your own home. Using the Pilates toe corrector is ideal and more efficient; however, these exercises can also be performed with a thick rubber band, similar to the band that holds your broccoli together.

Getting Started

Sitting on the floor with your legs extended in front of you within hip distance apart without locking your knees. Let your arms fall naturally to your sides, placing your hands on either side of your body next to your hips while sitting straight up on your sit bones. Engaging your back muscles by rolling your shoulders up and back to depress the scapula downward, which will elongate and engage the back muscles. The ankles should be flexed, paying close attention to engaging your stomach core and back core: otherwise known as, the “powerhouse.”



Dr. Kimberly A. Lenzi is President and senior instructor at Mind Body & Pilates in Reno, Nev. says, “Your feet are your foundation; therefore, using the toe exerciser (corrector) or rubber band to add resistance while you are working those little muscles in the feet can help with corns, bunions and hammer toe.”

Try not to slouch in your back, keeping your hips and shoulders square. If you find yourself slouching, you may execute this exercise with your back against the wall, which will assist your posture, allowing you to elongate your spine up to the crown of your head.

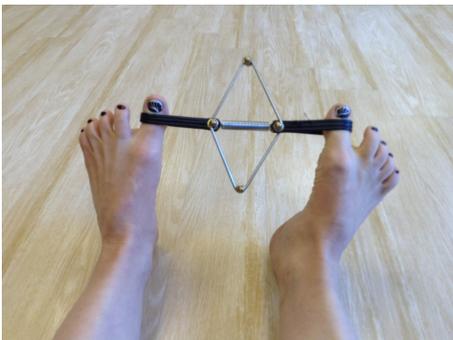
Variation: If this position causes discomfort and instability to hold due to tight hamstrings, then you may sit on a chair with your legs at a 90-degree angle, taking pressure off your back.

If you struggle with bunions, you may place the band over the first big toe and slide the band down the toe shaft to the bottom crease, which will work deep into the joint to assist with bunion discomfort. The band should always have tension before you proceed with the exercise, allowing yourself to lift up, holding your abdominals and lifting your seat as if you were floating. Pilates is about opposition and resistance.

Toe Stretches

As the band engages, pull the right big toe away from the midline of the body towards the little toe and holding this position for 3-5 counts and then return to the starting position. Keeping the left foot engaged as it pulls the band, but with no movement and without the foot winging out into an improper position.

Repeating this exercise on each side, alternating each toe exercise for 5-10 repetitions. Be mindful not to move the ankle, keeping the heel of the foot glued to the floor and allowing your movement to initiate from the hip and not the ankle, which allows you to work the outside of the thigh, hamstrings and your gluteus maximus.



Repeat the action by pulling both feet away from the midline of the body and holding the position for five counts, returning back to starting position and repeating for 5 to 10 repetitions.

Repeat the action by alternating stretches on each foot by pushing the toe away from you or down towards the floor.





Repeat the action by alternating stretches by pushing the toe towards you.

Rejuvenate, tone and lean your body with Pilates and learn new and exciting exercises for your feet in *Fix Your Feet Using the Pilates Method* by Kathryn Ross-Nash. It's time to begin this New Year with a new innovative workout plan that may transform the new you!

Fix Your Feet Using the Pilates Method, Kathryn Ross-Nash; Blurb Inc., 2009

<http://www.mindbodyandpilates.com>

<http://www.nlm.nih.gov/medlineplus/ency/article/001235.htm>

<https://pilatesology.com>

<http://www.apma.org/learn/FootHealth.cfm?ItemNumber=979>

The following links to purchase the toe corrector.

<http://www.pilates.com/BBAPP/V/store/other-equipment/pilates-foot-corrector-toe-gizmo.html>

<http://www.pilates-gratz.com/accessories.html>