

## **Restriction Release:**

Foot Bottom Big Toe [FBBT]

**For: Foot and ankle pain**

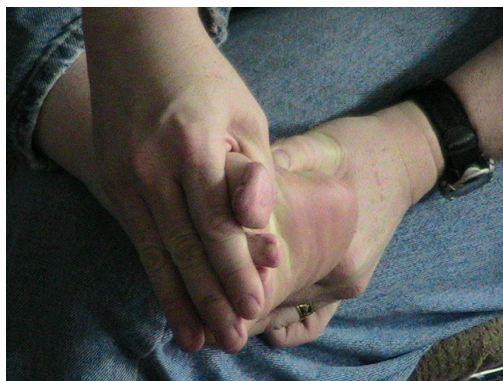
2X/day check and treat worst points first.

### **Restriction Indicator (RI):**

Bottom of the toe at the ball of the toe, pushing toward the bone-push up and in toward the bottom of the foot as well as against the toe/foot bone itself.

### **Movement Combination:**

Twist the bottom of the great toe toward the other toes, bending down toward the bottom of the foot slightly.



Recheck RI in same direction with same amount of pressure. Find position of the foot/toe that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Do not remove finger from tender point but stop pressing. Recheck RI every 30-45 seconds-if RI not released, try slightly different position and restart the clock for 90 more seconds. Slowly return to neutral and recheck RI.