

## Tennessee Back Pain Center

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### Clock Drill – Exercise Instructions

- This exercise is performed standing on one leg
  - Please perform near a sturdy support if you are unsure of your balance
- Stand on the affected foot
- Start with good foot mechanics – loading your foot through your pinky toe, big toe and heel. The weight should be distributed evenly.
- Make sure the arch of the foot is formed
- Bend your knee slightly and sit your hips backward, keeping your back straight
- Pretend that you are standing in the center of a large clock that is on the ground, with 12:00 straight ahead
- While maintaining your balance, good belly pressure, and good foot mechanics, tap your foot at the 12:00 position and then return to neutral.
  - If you need to reset your balance, please do so.
  - As you do this, your standing knee should still be bent, and your hips continue to hinged.
- Repeat by tapping at the 1:00 and then return to a neutral position
  - Continue repeating until you've made your way around the clock.
- Once complete, switch feet and perform again.
- Perform this exercise 3 times per day OR as described by your doctor.
- Things to watch out for:
  - Don't drop your arch while tapping around the clock. Maintain the proper arch to help strengthen the foot.
  - Start by performing this exercise on a hard surface. As it gets easier, then move to a carpet surface.
  - Make sure your knee stays bent and your hip stays hinged as you move through this exercise.
- Note:
  - This exercise works your entire leg, from your glute to your foot.
  - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

