

# FOOT DROP OR DROP FOOT

Foot drop is a gait abnormality in which the dropping of the forefoot happens due to weakness, irritation or damage to the common fibular nerve including the sciatic nerve, or paralysis of the muscles in the anterior portion of the lower leg. It is usually a symptom of a greater problem, not a disease in itself.

[https://en.wikipedia.org/wiki/Foot\\_drop](https://en.wikipedia.org/wiki/Foot_drop)

## **Causes:**

The most common cause of foot drop is compression of a nerve in your leg that controls the muscles involved in lifting the foot (peroneal nerve). This nerve can also be injured during hip or knee replacement surgery, which may cause foot drop.

## **Symptoms:**

- \* An exaggerated, swinging hip motion
  - \* Limp foot
- \* Tingling, numbness, and slight pain in the foot
- \* Difficulty engaging in activities requiring the use of the front of the foot
  - \* Muscle atrophy in the leg

## **Exercises:**

- \* Towel Stretch. Sit on the floor with both legs straight out in front of you. ...
- \* Toe to Heel Rocks. Stand in front of a table, chair, wall, or another sturdy object you can hold onto for support.
  - \* Marble Pickup
  - \* Ankle Dorsiflexion
  - \* Plantar Flexion
    - \* Ball Lift

If you have questions on performing these types of exercises, the wellness staff at both centers would be happy to assist you!

