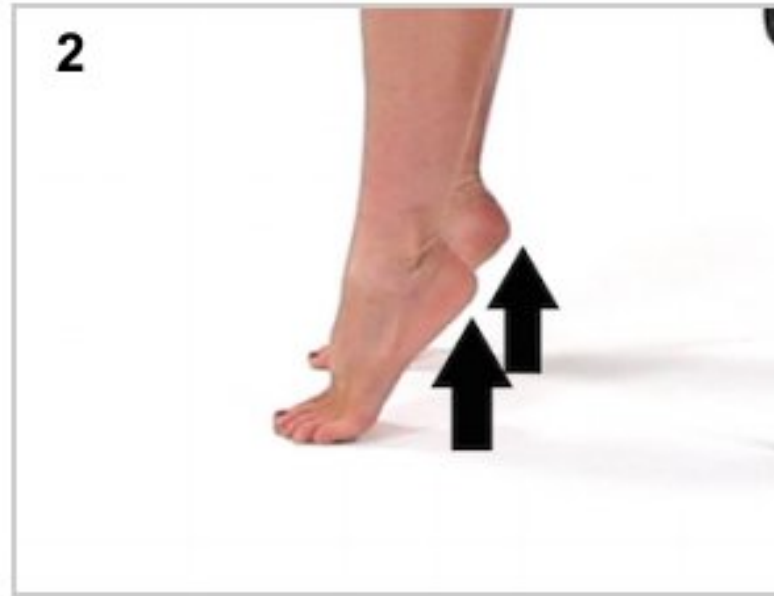
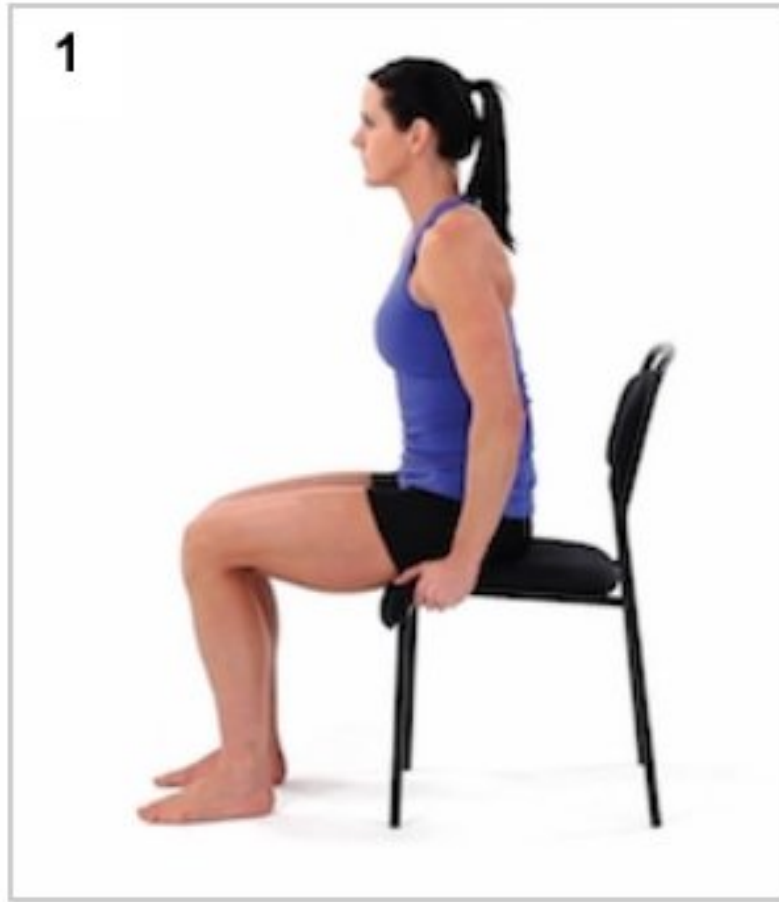


Seated Heel Raise

REPS: 12 WEEKLY: 7	SETS: 3	HOLD: 2 SECOND	DAILY: 1
-------------------------------------	----------------	-----------------------	-----------------



Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart and entire foot on the ground

Movement

Raise up your heels as you press your toes down. Keep your toes on the ground the entire time

DO THESE WHEN SITTING IN CLASS THROUGHOUT THE DAY

Seated Toe Raise

REPS: 12 WEEKLY: 7	SETS: 3	HOLD: 2 SECONDS	DAILY: 1
-------------------------------------	----------------	------------------------	-----------------



Setup

Begin sitting upright on a chair with your feet flat on the floor.

Movement

Raise your toes up off the floor.

Tip

Make sure to keep your heels on the floor.

DO THESE WHEN SITTING IN CLASS THROUGHOUT THE DAY

Arch Lifting

REPS: 10 WEEKLY: 7	SETS: 3	HOLD: 3 SECONDS	DAILY: 1
-------------------------------------	----------------	------------------------	-----------------



Start with your foot on the floor. Try to lift up the arch of your foot while keeping your big toe, ball of your foot, and heel of your foot on the floor the entire time

Make sure to avoid gripping with your toes. A slight weight shift to the outside of your foot is normal.

Isometric Ankle Eversion at Wall

REPS: 5 WEEKLY: 7	SETS: 3	HOLD: 3 SECONDS	DAILY: 1
------------------------------------	----------------	------------------------	-----------------



Setup

Begin sitting upright with one leg bent and the other straight, holding a ball between the outside of your foot and a wall.

Movement

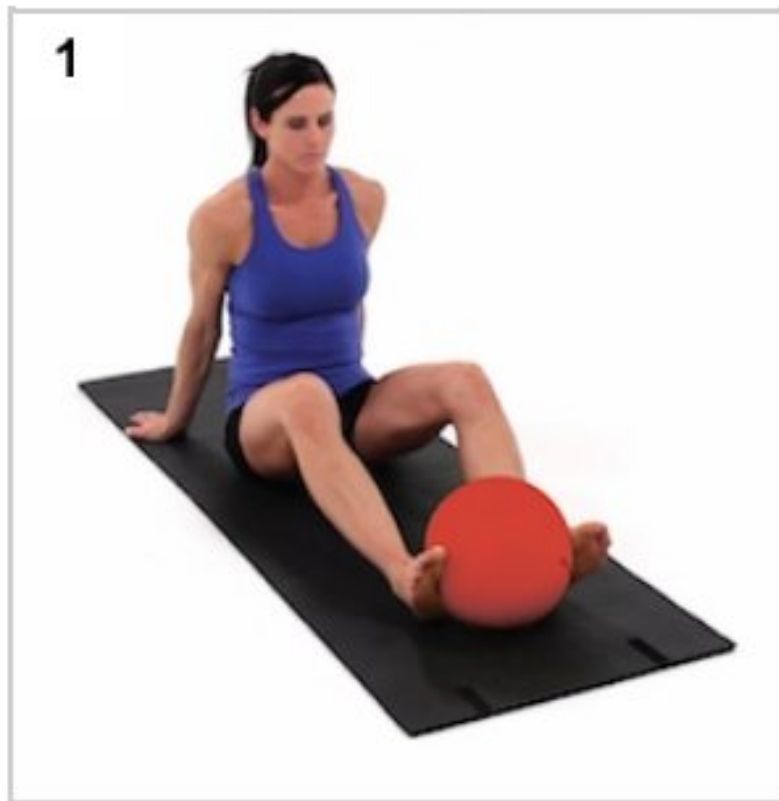
Gently press the outside of your foot into the ball, hold briefly, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise.

Isometric Ankle Inversion

REPS: 5 WEEKLY: 7	SETS: 3	HOLD: 3 SECONDS	DAILY: 1
------------------------------------	----------------	------------------------	-----------------



Setup

Begin in a long sitting position with a ball held between the insides of your feet.

Movement

Squeeze your feet inward around the ball, then release and repeat.

Tip

Make sure to only use your feet for the exercise and do not use the rest of your legs to squeeze the ball.

Seated Toe Towel Scrunches

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright with one foot resting on a flat towel.

Movement

Spread out your toes, then scrunch the towel with your toes, drawing the towel back toward you, repeat.

Tip

Make sure to keep the rest of your foot in contact with the ground during the exercise.

Seated Marble Pick-Up with Toes

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright in a chair with marbles on the floor in front of you.

Movement

Pick up one marble at a time with your toes, then drop them in a cup or bowl, and repeat.

Tip

Make sure to keep your movements slow and controlled.

You should pick up 10 marbles total. Do this one time a day

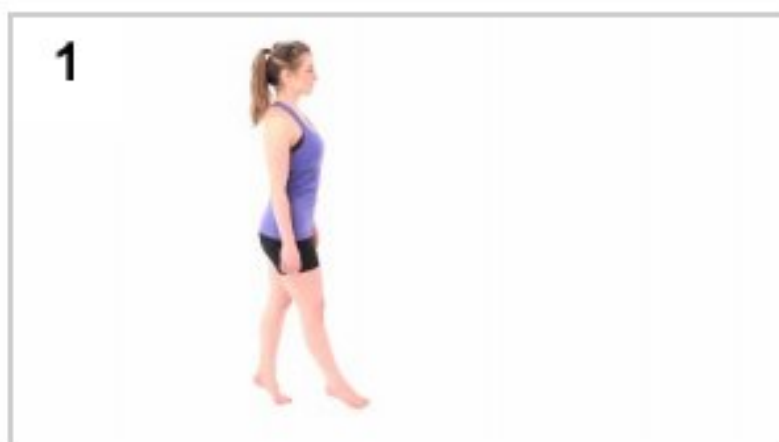
Toe Walking

REPS: 5

SETS: 3

DAILY: 1

WEEKLY: 7



Raise up your heels and walk on your toes.

Take a few steps forward and then a few steps backwards

10 yards forward and 10 yards backwards 3 times

Heel Walking

DAILY: 1

WEEKLY: 7



Raise up your toes and walk on your heels. Take a few steps forwards and a few steps backwards

10 yards forward 3 times and 10 yards backwards 3 times

Ankle Inversion with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Begin long sitting on raised surface (table or bed) with one knee bent and the other leg straight

Parent/ friend/ sibling will place one hand on lower leg to stabilize and one hand in a c shaped cusp on ball of foot on big toe side

Parent/friend/sibling will provide resistance as you turn your foot inward and then you will return to neutral position and repeat

Movement

Pull your foot inward against the band. Slowly return to the starting position and repeat.

Tip

Make sure to only move at your ankle and try to keep your knee still.

This can be done either with a buddy or resistance band if you have access to one

Ankle Eversion with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Begin long sitting on raised surface (table or bed) with one knee bent and the other leg straight
Parent/ friend/ sibling will place one hand on lower leg to stabilize and one hand in a c shaped cusp on ball of foot on little toe side
Parent/friend/sibling will provide resistance as you turn your foot outward.
return to neutral position and repeat

Movement

Pull your foot outward against the band. Slowly return to the starting position and repeat.

Tip

Make sure to only move at your ankle and try to keep your knee still.

This can be done either with a buddy or resistance band if you have access to one

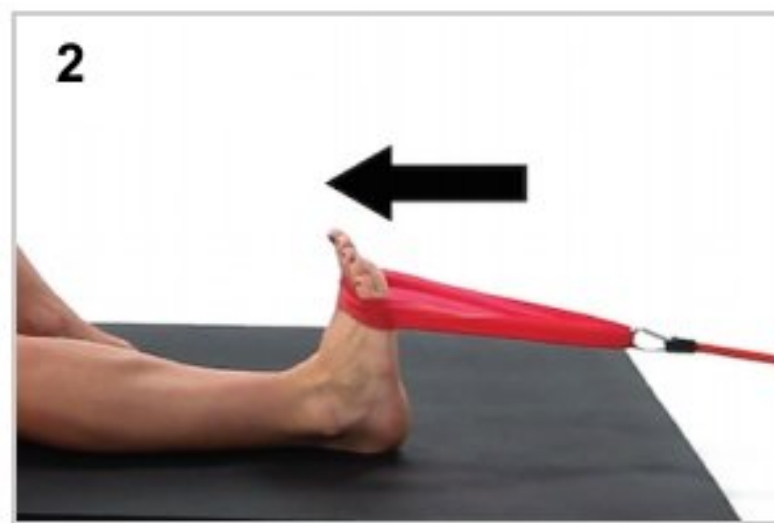
Long Sitting Ankle Dorsiflexion with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Begin long sitting on raised surface (table or bed) with one knee bent and the other leg straight
Parent/ friend/ sibling will place one hand on lower leg to stabilize and over top of foot just below toes
Parent/friend/sibling will provide resistance as you pull your toes toward you
Return to neutral position and repeat

Tip

Make sure to only move at your ankle and try to keep your knee still.

Make sure to keep your toes relaxed and maintain good sitting posture.

This can be done either with a buddy or resistance band if you have access to one

Gastroc Stretch with Foot at Wall

SETS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



Begin in a standing upright position facing a wall.

Tip

Place your hands on the wall, then the toes of one foot on the wall with your heel on the ground, leaning into the wall until you feel a stretch in your calf and hold.

Do this both with stretching leg straight and stretching leg slightly bent (about 30 degrees of bend)

Must be done with shoes on

Seated Plantar Fascia Mobilization with Small Ball

DAILY: 1

WEEKLY: 7



Setup

Begin sitting in a chair with your foot resting on a small ball.

Movement

Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

Do this for 1 minute

Calf Mobilization with Small Ball

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting in an upright position on the floor with one knee bent and your other leg straight, resting with a tennis ball or golf ball (or something similar) under your calf.

Movement

Lift your body off the ground and slowly roll your calf over the ball for a deep tissue massage