

Feet & Ankle exercises

Date : _____

- 1: Rolling arches x30-60 secs each
- 2: Ankle CARS x5-10 each way, each foot
- 3: Point 7 Flex drill x15 each foot
- 4: Doming or towel scrunching x15 each foot
- 5: Pointing sit to stand drill x6-10 each foot
- 6: Alternating big & little toes x15

Strength

- 1: Ball calf raises x15
- 2: Toe taps x15
- 3: Tip toe walks x30-45 seconds
- 4: Heel walks x30-45 seconds

Repeat 2-3x

2-3 x a week

Strength

Progressions

Add weight to calf raises and tip toe walks

Move on to single leg calf raises

eccentric calf raises- focusing on the lowering phase. 3-5 second lower

Add weight to single leg calf raises

