

Physiotherapy Exercises

Toe Walking- Strengthening Exercises

INSTRUCTIONS

Encourage your child to move their foot up against the resistance of theraband

1

Repeat 10 times

1-2 times per day

5 counts hold



2

Dynamic activities that challenge core strength include seated/standing balance on dyna-disc or tilt board



3

Encourage barefoot standing using a variety of textures, promote squat to stand with fun activities to facilitate weight bearing.



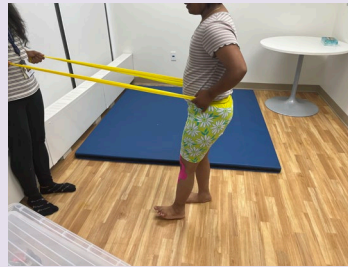
4

Target the small muscles in the foot by picking up objects with toes. Try “toe basketball” lifting small pompoms with feet and placing into cup to score!
Repeat 5 times
1-2 times per day



5

Walk backwards against the resistance of the theraband.
Repeat 10 times
1- 2 times per day



6

Squats on the foam balance pad



7

A hoop ladder is great for weight bearing and strengthening.

