Physiotherapy Exercises

Toe Walking- Session 3 Strengthening Exercises

## instructions

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| 1 | Encourage your child to move his foot up against the resistance of theraband  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 | you can target these small muscles by picking up objects with toes. Try “toe basketball” lifting small pompoms with feet and placing into cup to score!  Repeat 5 times  1-2times per day |  |
| 5 | Ask your child to 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  "https://amzn.to/2ZWdVO3" |  |