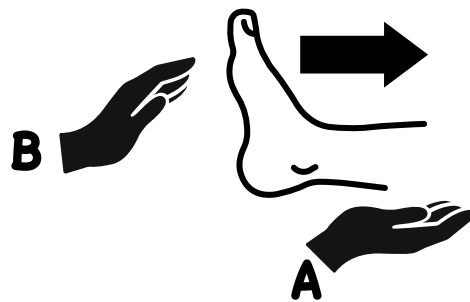


● Toe Walking Activities ●

All activities should be done under the supervision of your medical provider.

PROM: It is important to gently move the foot and ankle through it's full range of motion. Therapists call this passive range of motion. Here is the best way to do that:

1. Have your child lay comfortably on a bed or sofa.
2. Place one hand on the underside of the calf (A) and grasp the bottom of the foot over the arch with your other hand (B).
3. Gently apply pressure with hand B moving the foot toward the knee.



Standing on an Incline: Another way to move the help stretch the foot and ankle is to stand on an inclined surface. Stand on a wedge with the heel at the low end of the wedge. If you don't have a wedge, you can use a book.



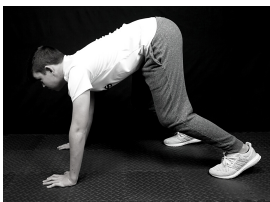
Toe Walking Activities

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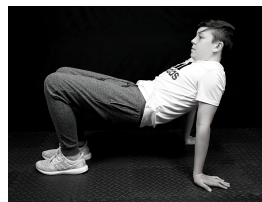


Squatting: The squatting position encourages the full foot to be in contact with the floor. Play a game to pick items up from the floor, play fine motor games like puzzles, sorting, or stringing beads in the squat position.

Animal Walks: These simple animal walks really help your child to get foot contact with the ground and strengthen the ankle.



Bear Walk



Crab Crawl



Penguin Walks



Check out this video on YouTube

<https://www.youtube.com/watch?v=BS-Af3mIfTU&t=5s>



Scooter Board: Sitting on a scooter board and walking forward encourages a child to use their heels instead of their toes to help them move.



Toe Walking Activities

All activities should be done under the supervision of your medical provider.



Half Kneeling: The half kneel position encourages the front foot to be in contact with the floor. Play a game like catch or ball rolling back and forth to make the position fun.

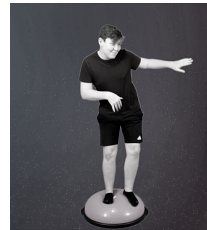


Check out this video on YouTube

<https://www.youtube.com/watch?v=f9cjbL8nOSs&t=168s>



Uneven Surfaces: Standing on uneven surface like a sofa cushion, bosu ball, or dyna disc encourage full foot contact and work on ankle strength at the same time.



Check out these videos on YouTube



https://www.youtube.com/watch?v=jVUygl_M_yw&t=232s



<https://www.youtube.com/watch?v=0cRlbqn0lVk&t=70s>

