



Toe Walking Exercises

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Video



Penguin Walking

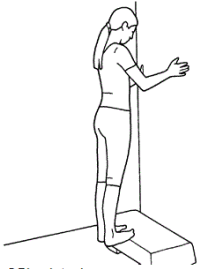
Stand.

Walk on your heels across the room and back. Aim to lift toes up when walking like a 'penguin'

Practice heel toe walking all the time during the day.

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Video



Stand on a step with both heels over the edge and hold for 30 seconds. Hold on to a support.

Let the weight of your body stretch your heels towards the floor.

Keep your bottom tucked in.

Repeat 2 times.

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Video



Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg.

Hold approx. 30 secs. - relax. Stretch the other leg.

Make sure your feet are pointing forwards during the stretch.

Repeat 2 times on each leg.

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Video



Stand in a walking position with the leg to be stretched behind you. Hold on to a support.

Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor. Hold approx. 30 secs. - relax.

Repeat once on each leg.

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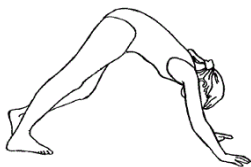


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Stand with knees slightly bent with wall support.

Gently bend your knees while keeping your feet flat on the floor. You should feel a stretch in your calf muscles. Stand up.

Hold 30 secs.



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Start in the position shown.

Gently stretch one heel to the floor while slightly bending the opposite knee. You should feel a stretch in your calf of the heel stretching to the floor.

Hold 5 - 15 secs. Repeat 2 times on each leg.



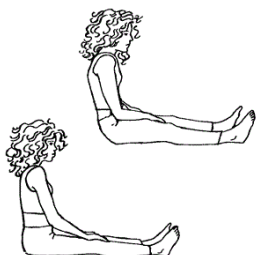
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Dog stretch.
Start on hands and knees.

Straighten arms and knees together to make a high bridge. Feel the stretch in your calf muscles. Return to starting position.

Hold 5 - 15 secs. Repeat 2 times.

Progression: Practice trying to walk around the room on your hands and feet, whilst keeping your heels down.



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Sit on the floor with your legs out-stretched in front of you. Make sure your back is supported and your bottom is back against the wall.

Keep your legs out straight and knees in contact with the floor. You should feel a stretch at the back of your leg.

Hold 30 secs.

Repeat 2 times.

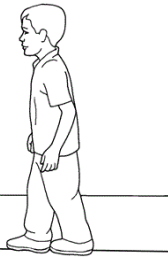


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Standing on One Leg

Stand on one leg aiming for 5-10s seconds.
Can you cross your arms while standing on one leg?

Repeat with your other leg.



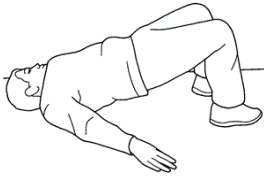
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Line Walking Heel-to-Toe

Tape a line approximately 5 m long by 2.5 cm wide (use masking tape).

Walk forwards along the line heel-to-toe, using your arms as necessary for balance.

Bridge



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Lie on your back with your arms at your side and your knees bent. Feet should be flat on the floor.

Lift your bottom off the floor and hold this position for 10 seconds. Relax.

Repeat 2 - 5 times.

*Ensure feet are flat during the bridge. *Move a train or ball under the bridge.

*Place a teddy or toy on your tummy and don't let it fall off.

1. Calf stretch



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Cup one hand around heel. Keep inside of forearm in contact with the sole of the foot. Gently draw the foot towards a right angle stabilising the leg with the other hand. Use gentle pressure. Do not use force.

Hold 30 secs.

Please keep foot straight whilst applying stretch.

2. Calf stretch

Complete the same ankle stretch as above but with the knee bent to a right angle. Gently draw the foot towards a right angle stabilising the knee with the other hand. Hold for 30 seconds.

A



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Position of hands for passive stretching of hamstrings.

Take the leg to be stretched so the hips and knees are at right angles.....in this position....(pic B)

B

Stretching Hamstrings.

Cup one hand around heel. Keep inside of forearm in contact with the sole of the foot. Gently draw the foot towards a right angle stabilising the leg with the other hand. Use gentle pressure. Do not use force.
Hold 30 secs. Move to the other side of the child to stretch the other leg.

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Single Hamstring Stretch (Leg up the wall)

At a door frame or corner of the wall or table. Lying on your back, place one leg up on the wall or table with the knee straight. Hold for 30 seconds. Repeat on the other side.

Marching on the spot and marching around the room.