

Weeks 1-2



Seated Ankle Pumps

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

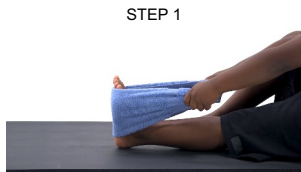
Begin sitting upright with one leg straight forward.

Movement

Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

Tip

Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.



Seated Calf Towel Stretch

REPS: 10 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting tall on the floor with your leg straight in front of you, holding a towel that is looped around the bottom of your foot.

Movement

Gently pull the towel towards your body until you feel a stretch in the back of your calf. Hold this position.

Tip

Be sure to keep your leg straight and do not let your knee bend.



Seated Toe Towel Scrunches

REPS: 10 | SETS: 1 | HOLD: 1 MINUTE | DAILY: 1 | WEEKLY: 7

Setup

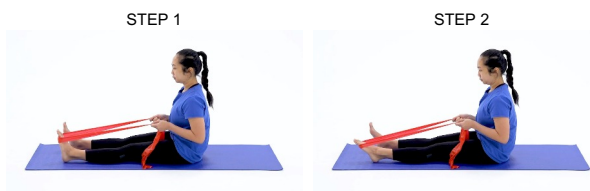
Begin sitting upright with one foot resting on a flat towel.

Movement

Spread out your toes, then scrunch the towel with your toes, and repeat.

Tip

Make sure to keep the rest of your foot in contact with the ground during the exercise.



Long Sitting Ankle Plantar Flexion with Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

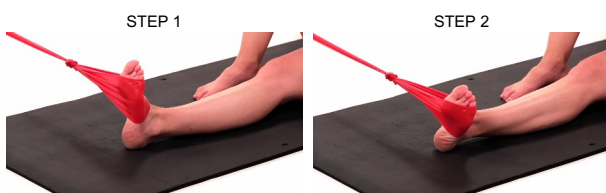
Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. The band should be looped around the bottom of your foot with the end held in your hand.

Movement

Bend your foot away from your body, creating further tension in the band.

Tip

Make sure to keep your toes relaxed and maintain good sitting posture.



Long Sitting Ankle Eversion with Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on the ground with one knee bent and the other leg straight with a resistance band looped around the ball of your foot. The band should be anchored near the floor on the side opposite your straight leg.

Movement

Pull your foot outward against the resistance, rotating your ankle, then slowly return to the starting position and repeat.

Tip

Make sure to only rotate your ankle and keep the rest of your leg straight during the exercise.



Long Sitting Ankle Inversion with Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

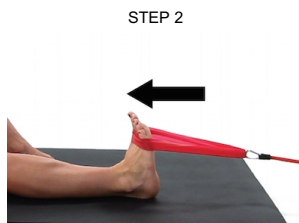
Begin sitting upright on the floor with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.



Long Sitting Ankle Dorsiflexion with Anchored Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. You should be facing the anchor point.

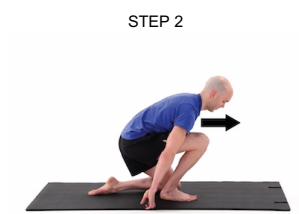
Movement

Pull the top of your foot toward your body, creating further tension in the band.

Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

Weeks 3-4



Half Kneel Ankle Dorsiflexion Self-Mobilization

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

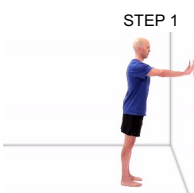
Begin in a crouched position with the top of one foot flat on the floor and your other leg supporting your body.

Movement

Slowly shift your weight forward over your knee until you feel a gentle stretch in your foot.

Tip

Make sure to keep your back straight during the exercise and maintain your balance.



Gastroc Stretch on Wall

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.



Standing Heel Raise with Support

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a stable surface in front of you for support.

Movement

Slowly raise your heels off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.

STEP 1



Single Leg Stance

REPS: 13 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

STEP 1



STEP 2



Calf Mobilization with Small Ball

REPS: 3 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position on the floor with one knee bent and your other leg straight, resting with a tennis ball under your calf.

Movement

Lift your body off the ground and slowly roll your calf over the tennis ball.

Tip

Make sure to apply just enough pressure to feel a stretch but no pain.

Weeks 5-6

STEP 1



STEP 2



STEP 3



Standard Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

Movement

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

STEP 1



STEP 2



Forward T

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your hands resting at your waist.

Movement

Balancing on one leg, bend at your hips and slowly tilt your body forward while extending the other leg backward, then return to the starting position and repeat.

Tip

Make sure to keep your back straight, and don't let your knee collapse inward during the exercise.

STEP 1



STEP 2



STEP 3



Lower Quarter Reach Combination

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the middle of a Y shape on the floor.

Movement

Balance on one leg and reach your other leg along each of the three lines, going around the Y in a clockwise direction.

Tip

Make sure to maintain your balance during the exercise.

STEP 1



STEP 2



STEP 3



STEP 4



Single Leg Balance with Ball Toss

REPS: 5 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin standing on one leg, holding a small ball, with your parent or caregiver across from you.

Movement

Toss the ball back and forth while keeping your balance.

Tip

Make sure to stand tall and control your balance during the exercise.

STEP 1



STEP 2



Single-Leg Quarter Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position. Lift one foot off the ground.

Movement

Bend slightly at your knee and hip into a mini squat position, then straighten your leg and repeat.

Tip

Make sure to keep your back straight during the exercise and maintain your balance. Your knee should not move forward past your toes.

STEP 1



STEP 2



Lateral Single Leg Lunge Jumps

REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Alternate taking small hops from one foot to the other, then continue increasing the distance of each hop until they are jumps, landing on each leg in a lunge position.

Tip

Make sure to keep your weight in your heels, focus on making your landings as soft as possible, and maintain control during the exercise. Do not let your knee move forward past your toe as you land.

STEP 1



STEP 2



STEP 3



Lateral Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart and arms resting at your side.

Movement

Step to the side with one leg, lowering your body into a lunge position, then carefully return to the starting position.

Tip

Make sure not to let your knees collapse inward during the exercise.

STEP 1



STEP 2



Single Leg Jumps Side to Side

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a vertical line directly to your side, standing on one foot.

Movement

Jump over to the other side of the line, landing on the same foot, pause, then jump back and repeat.

Tip

Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.

STEP 1



STEP 2



Single Leg Jumps Forward and Backward

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, balancing on one foot, with a line on the ground in front of you.

Movement

Jump forward across the line with the same foot, then jump back and repeat.

Tip

Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.