

Weeks 1-2

STEP 1



STEP 2



Seated Toe Towel Scrunches

REPS: 2 | 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.

STEP 1



STEP 2



STEP 3



Seated Self Great Toe Mobilization

REPS: 2 | SETS: 1 | HOLD: 1 MINUTE | DAILY: 1 | WEEKLY: 7

Setup

Begin in a sitting position with one leg crossed over the other so you can hold your foot with your hands.

Movement

Use one hand to bend your big toe backward and the other to roll a small ball side to side and front to back on the bottom of your foot. You should feel a stretch in the bottom of your foot.

Tip

Make sure to perform the stretch in a slow and controlled manner.

STEP 1



STEP 2



Seated Self Great Toe Stretch

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

Setup

Begin in a sitting position with one leg crossed over the other so you can hold your foot with your hands.

Movement

Use one hand to hold your foot in place while using your other hand to bend your big toe backward until you feel a stretch in the bottom of your foot.

Tip

Make sure to perform the stretch in a slow and controlled manner.

STEP 1



STEP 2



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.

STEP 1



STEP 2



Great Toe Flexion with Resistance

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

Setup

Begin sitting in an upright position on the floor with a resistance band looped vertically along your foot, under your heel and over your toes, holding the ends in your hand.

Movement

Push your big toe forward against the resistance band, then bring it back to the starting position and repeat.

Tip

Make sure to focus your movements on your big toe.

STEP 1



STEP 2



Seated Plantar Fascia Stretch

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

Setup

Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

Movement

Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

Tip

Make sure to keep the stretch slow and controlled.

Weeks 3-4

STEP 1



STEP 2



Ankle Dorsiflexion with Resistance

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

Setup

Begin sitting tall on the ground with one knee bent and the other leg straight with a band looped around the top of your foot. The band should be anchored near the floor in front of you.

Movement

Bend your foot up against the band, raising your toes towards the ceiling.

Tip

Make sure to only move at your ankle and try to keep your knee still.

STEP 1



STEP 2



Ankle and Toe Plantarflexion with Resistance

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

Setup

Begin sitting upright on the floor with one knee bent, and your other leg straight with a resistance band around your foot and toes, holding the ends in each hand.

Movement

Bend your foot away from your body and curl your toes downward. Relax, then repeat.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Ankle Inversion with Resistance

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

Setup

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

Movement

Pull your foot inward against the band. Slowly return to the starting position and repeat.

Tip

Make sure to only move at your ankle and try to keep your knee still.

STEP 1



STEP 2



Ankle Eversion with Resistance

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

Setup

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

Movement

Pull your foot outward against the band. Slowly return to the starting position and repeat.

Tip

Make sure to only move at your ankle and try to keep your knee still.

STEP 1



STEP 2



Standing Heel Raise with Support

REPS: 10 | SETS: 2 | 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



STEP 2



Standing Toe Raises at Chair

REPS: 10 | SETS: 2 | 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 the balls of your feet off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep your heels on the ground and maintain your balance during the exercise.

STEP 1



STEP 2



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.

STEP 1



STEP 2



Standing Gastroc Stretch

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

Setup

Begin in a standing position with your feet in a staggered stance, holding onto a stable surface for support.

Movement

Keeping your back knee straight, push your hips forward. You will feel a stretch in the back of your lower leg.

Tip

Make sure to keep both feet pointed straight forward and flat on the ground during the stretch.

STEP 1



Single Leg Stance

REPS: 5 | 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



Band Walks

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

Setup

Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly walk forward, one foot at a time.

Tip

Make sure to maintain constant tension in the band and keep your toes pointing forward. Do not drag your feet on the ground or let your knees collapse inward during the exercise.

Weeks 5-6

STEP 1



STEP 2



Single Leg Bridge

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

Setup

Begin lying on your back with both knees bent and your feet resting on the floor.

Movement

Straighten one leg, keeping it in line with your other leg, then tighten your abdominals and lift your hips off the floor into a bridge position. Then lower yourself back down, and repeat.

Tip

Make sure to keep your abdominals tight and do not let your hips rotate during the exercise.

STEP 1



STEP 2



Forward Step Down

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

Setup

Begin standing on a step with your hands on your hips.

Movement

Balance on one leg and lower your other leg forward off the step to the floor. Lightly touch the floor with your heel then return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee collapse inward.

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



Squat

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

Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

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



Side Stepping with Resistance at Feet

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

Setup

Begin standing upright with a resistance band looped around the middle of your feet. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

Weeks 7-8

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



Standing Heel Raise with Toes Turned Out

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

Setup

Begin in a standing upright position with your feet rotated outward.

Movement

Raise your heels off the ground, then slowly lower them back down to the floor and repeat.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.

STEP 1



STEP 2



Standing Heel Raise with Toes Turned In

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

Setup

Begin in a standing upright position with your feet rotated inward.

Movement

Raise your heels off the ground, then slowly lower them back down to the floor and repeat.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.

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



Crossover Step Up with Knee Drive

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

Setup

Begin in a standing upright position to the side of a step or bench.

Movement

Step your outside foot across your body and onto the step, then shift your weight to stand on the step as you lift your opposite leg up towards your chest. Reverse the movement, and repeat.

Tip

Make sure to keep your trunk and pelvis facing forward during the exercise. Focus on activating your buttock muscles as you step onto the step.

STEP 1



STEP 2



Mountain Climbers Fast

REPS: 5 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours. Raise yourself into a push up position.

Movement

Quickly alternate bringing your knees to your chest.

Tip

Make sure to keep your abdominals tight, back straight, and shoulders over your hands.