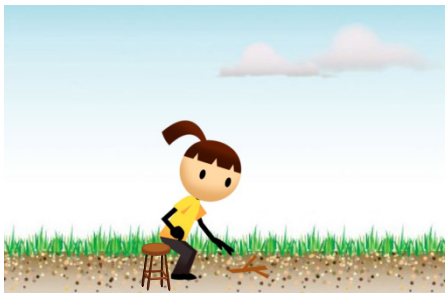
Exercises for Toe Walking

BEAR WALKING

Goal: straighten the knees and push the heels to the ground as much as possible.

SEATED FORWARD REACH

Goal: keep both feet flat to get an Achilles tendon stretch.



CRAB WALKING

Goal: encourage flat foot positioning and assist in an Achilles tendon stretch.

SIT TO STAND FROM LOW STEP

(TRY NOT TO USE HANDS)

Goal: keep both feet flat as you sit down and stand up to get an Achilles tendon stretch.

HEEL WALKING

Goal: shin muscle and encourage heel contact, walk with only heels touching ground and toes up.

SINGLE LEG BALANCE

Goal: encourage flat foot contact.

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