

FOOT /ANKLE EXERCISE		PROGRESSION
		Level 1. sitting
		level 2. standing - two feet
		Level 3. standing - one foot
Bare feet no shoes, no socks		
Level 1 - Sitting		
Sit with legs out, knees on ground. Little movement of legs while working whole feet		
1. flex and extend feet as much as possible with as much force as possible - 2- 3 secs holds . "Pull toes to shins then push toes away from shins"	2-5 rep	
2. flex feet - externally and then internally as much force as possible - 2-3sec holds "Rotate feet to the outside (sole of feet facing away from each other) then rotate feet to the inside (soles of feet facing	2-5reps	
3. Toe Separations between Big toe and the other toes, with as much force as possible. Lift big toe up while pushing the others down- 2-3sec hold "Pull big toe towards shin while pushing the others away"	2-5reps	
4. Big toe down while lifting the others up with as much force as possible- 2-3 sec holds. "Push big toe away from shin while pulling others towards shin"	2-5reps	
Level 2 - Standing Two Feet		
Same exercises only now we stand up. So now we put load on the feet. Try not to move knees too much, keep lower part of body upright and straight		
1.flex and extend toes as much as possible with maximum force - 2- 3 secs holds . "Toes to shins toes	2-5reps	
2.flex feet - externally and then internally . With maximum force - 2-3sec holds " that's is rotate feet to the outside and rotate feet to the inside"	2-5reps	
3. Lift big toe up while pushing others down, with maximum force 2-3 sec hold	2-5reps	
4. Push big toe down while lifting others up. Maximum force 2-3 sec hold	2-5reps	
Level 3 - Standing One Foot		
Same exercises only now we are only on one foot. The load is higher and you will have to keep your balance. This gives us some proprioceptive work		
1.extending the toes then pushing the toes grasping as much of the ground as possible maximum intensity 2-5 reps on one side then repeat on other leg.		

2. now we go to external side of the foot then the internal side keeping the intensity Stay in balance -2-		
3. separate big toe up while pushing others down, then pushing big toe down while lifting others. Do 2-5		
Whichever level you do, finish with this - walk as slowly as possible with a heel to toe action, maximum dorsiflexion to full extension. "with heel on ground toes are pulled to shin moving to finish		