

Growing Bones Orthopaedic Institute

1057 S Bradford St, Dover, DE 19904 302 231 1245 https://www.growing-bones.com/

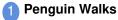
Toe Walking Strengthening Program

Webinar Series

Client ID **57118683**

Online access login.wibbi.com

Notes:







Sets: 3 Reps: 10 Freq: 2-3x/day

Stand

Walk on your heels and lift your forefoot as high as you can. Hold on to a solid object if needed.





Sets: 3 Reps: 10 Freq: 2-3x/day

Start with child squatting with his or her hands flat on the floor between his or her feet. From the squat, have the child jump/spring forward and land in the starting position. Repeat.

Bear walking





Sets: 3 Reps: 10 Freq: 2-3x/day

Coordination; Have the child place their hands and feet on the floor. Walk forward on hands and feet like a bear.

Squatting





Sets: 3 Reps: 10 Freq: 2-3x/day

Have your child play in a squat position with legs apart and feet flat on the floor. You can assist your child by positioning yourself behind and placing your hands on his pelvis or knees on each side. Progressively reduce assistance provided.

5 Stair/Ladder Climbing





Sets: 3 Reps: 10 Freq: 2-3x/day

Go up and down stairs and ladders, with support as needed.