

Toe Raises  
(sitting)



\*\*PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS\*\*

**Start with your feet on the ground.**



Toe Raises  
(sitting)



\*\*PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS\*\*

**Next, raise up toes and forefeet. Keep your heels on the ground the entire time. After, bring toes back on the floor.**

\_\_\_\_\_ **Sets**

\_\_\_\_\_ **Repetitions**

