

ToePro Progressions

	wk 1-2	wk 3-4	wk 5-6	wk 7-8	wk 9-10	wk 10-12
Big Toe 3 sec isometrics	1x10	1x15	2x10	2x12	2x15	2x20
straigh leg Heel raise	1x10	1x15	2x10	2x12	2x15	2x20
Bent knee heel raise	1x10	1x15	2x10	2x12	2x15	2x20
isometric balance	20 sec	25 sec	30 sec	40 sec	50 sec	1 min
ankle mobility	3x5 sec	3x5 sec	3x5 sec	4x5 sec	4x5 sec	4x5 sec
Slant Board stretch	15 sec ea.	20 sec ea.	25 sec ea.	30 sec ea.	30 sec ea.	30 sec ea.
ea.= each side						