



# Clubfoot Program Strengthening Exercises



**Patient Name:**

**Therapist:**

**Contact:**

## 1. Calf Raises - Standard (Parallel)

Stand upright, feet hip-width apart, and toes pointing forward in a parallel direction. Lift your heels off the floor, engaging your calves, then lower them slowly to return to the starting position.

Perform x\_\_\_\_\_ set(s)

Repetitions: x\_\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_\_ daily

Footwear: Barefoot / Shoes

\*You should feel an activation in your calves as you do each repetition





## 2 a) Heel Raises – Feet Turned Outwards



Stand upright, feet hip-width apart, and toes pointing outwards. Lift your heels off the floor, engaging your calves, then lower them slowly to return to the starting position.

Perform x\_\_\_\_\_ set(s)

Repetitions: x\_\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_\_ daily

Footwear: Barefoot / Shoes



\*Notice how the toes are pointing  
**outwards**

## 2 b) Heel Raises – Feet Turned Inwards

Stand upright, feet hip-width apart, and toes pointing inwards. Lift your heels off the floor, engaging your calves, then lower them slowly to return to the starting position.

Perform x\_\_\_\_\_ set(s)

Repetitions: x\_\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_\_ daily

Footwear: Barefoot / Shoes



\*Notice how the toes are  
pointing **inwards**



### 3. Single Heel Raise

Stand on one leg, keeping the knee straight. Slowly rise onto the ball of your foot, lifting your heel as high as you can. Gradually lower your heel back down to the starting position. You can use your hands on the wall for balance.

Perform x\_\_\_\_\_ set(s)

Repetitions: x\_\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_\_ daily

Footwear: Barefoot / Shoes



### 4. Squats with Feet Forward

Stand upright with feet forward and hip width apart. Squat down by pushing your hips back, bending your knees and maintaining a straight back. Make sure to keep heels on the ground and knees over toes. You can hold onto the wall or a counter for balance.

Perform x\_\_\_\_\_ set(s)

Repetitions: x\_\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_\_ daily

Footwear: Barefoot / Shoes





## 5. Squats with Plie Position

In a wide stance with feet turned outwards, slowly squat by bending your knees, and keeping your back straight. Keep your heels grounded and knees aligned over your toes. You can hold onto the wall or a counter for balance.

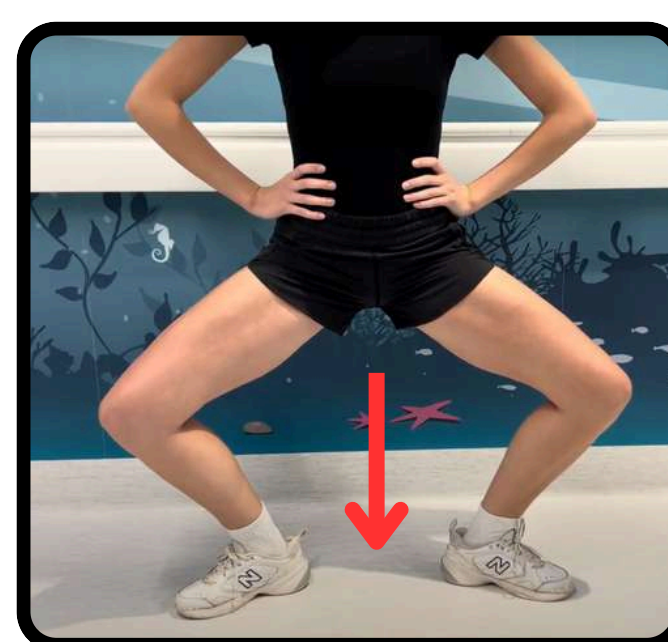
Perform x\_\_\_\_\_ set(s)

Repetitions: x\_\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_\_ daily

Footwear: Barefoot / Shoes



## 6. Ankle Plantar Flexion with Band

Sit on the floor with your leg straight. Wrap one end of a resistance band around the ball of your foot and hold the other end. Slowly point your foot downward into the band.

Perform x\_\_\_\_\_ set(s)

Repetitions: x\_\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_\_ daily

Band Colour / Level:

No Footwear Required (Barefoot)





## 7. Tibialis Posterior with Band



Sit on a flat surface with one leg straight. Wrap a theraband around the ball of your foot. Hold the end with your hands



Cross your other leg over, and press it into the band.



Point your foot down and inward against the tension / resistance of the band.



Perform x\_\_\_\_ set(s)

Repetitions: x\_\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_\_ daily

Band Colour / Level:

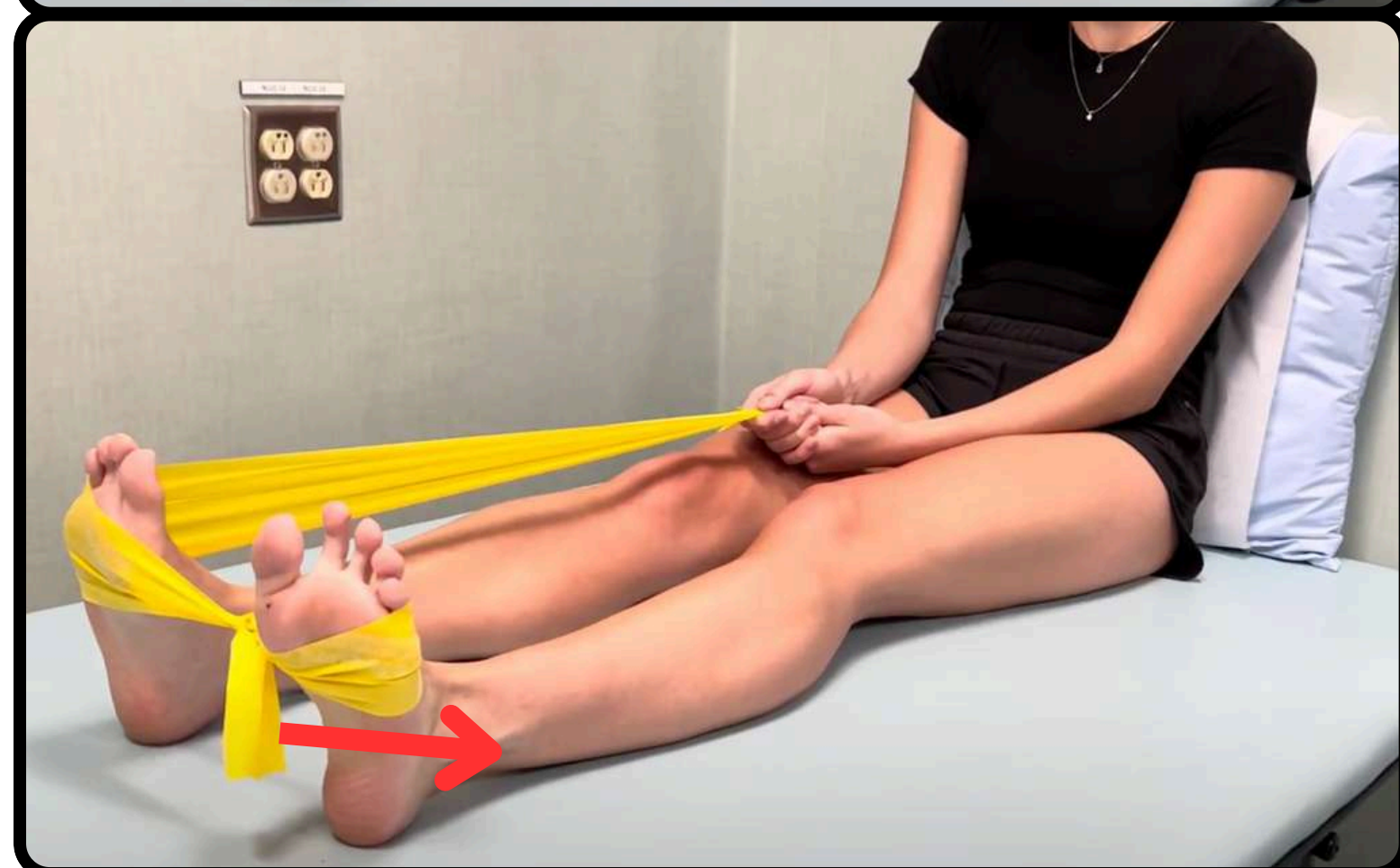
No Footwear Required (Barefoot)



## 8. Ankle Eversion with Bands



While seated on a flat surface, wrap the band around your foot and press your foot against the band. Move your foot up and out against the resistance of the band, ensuring your knees point upward, and keeping your foot on the surface



Perform x\_\_\_\_ set(s)

Repetitions: x\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_ daily

Band Colour / Level:

No Footwear Required (Barefoot)







## 9. External Hip Rotation

Stand with feet pointing forward, turn one leg outwards and then the other, squeeze your buttock muscles. You can use your fingers to feel the buttock muscles tightening.



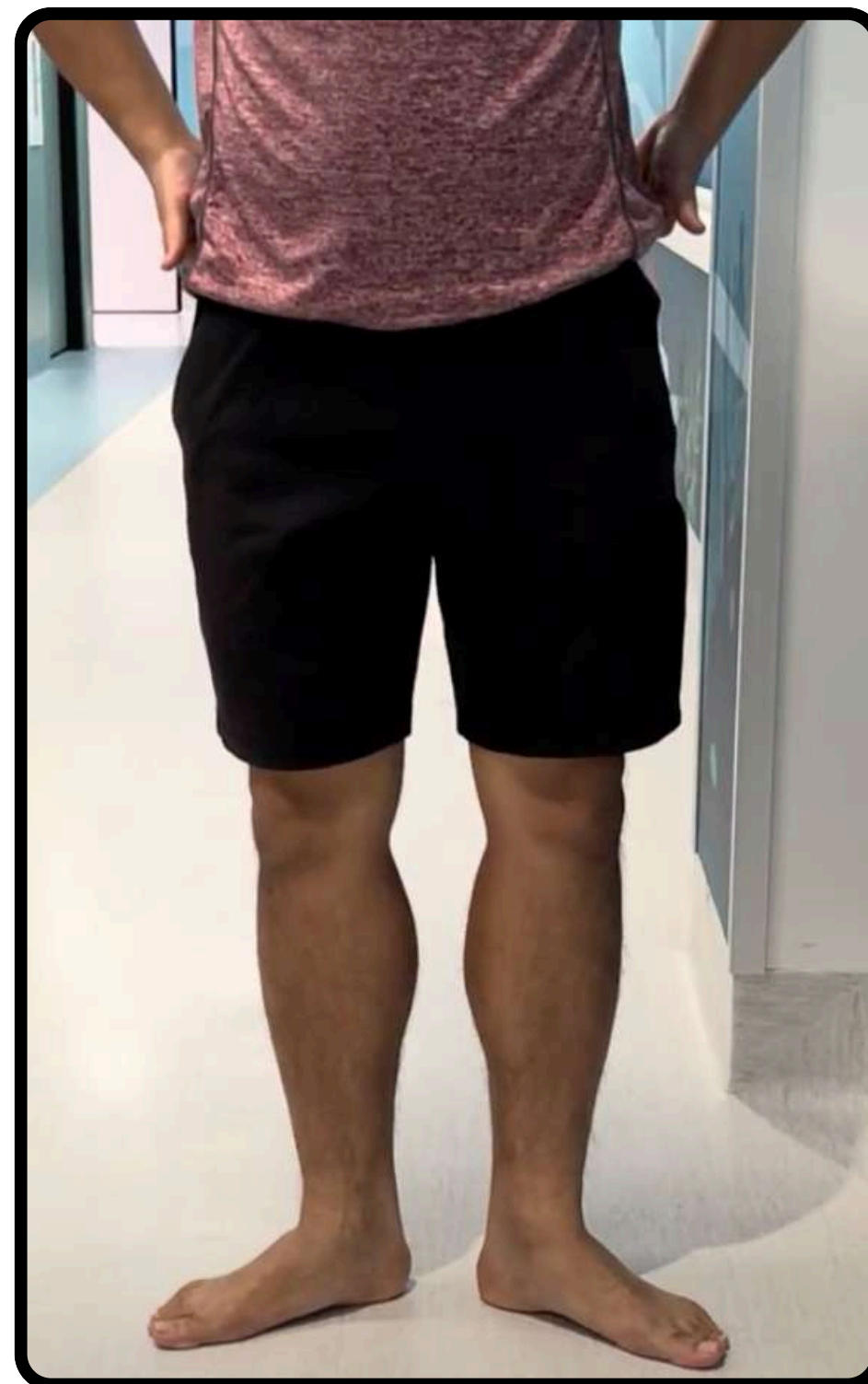
Perform x\_\_\_\_ set(s)

Repetitions: x\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_ daily

Footwear: Barefoot / Shoes







## 10. Seated Foot/Ankle Inversion with Towel

Sit down on a chair or a couch, with a towel under your foot. Swipe or drag the towel towards your midline.

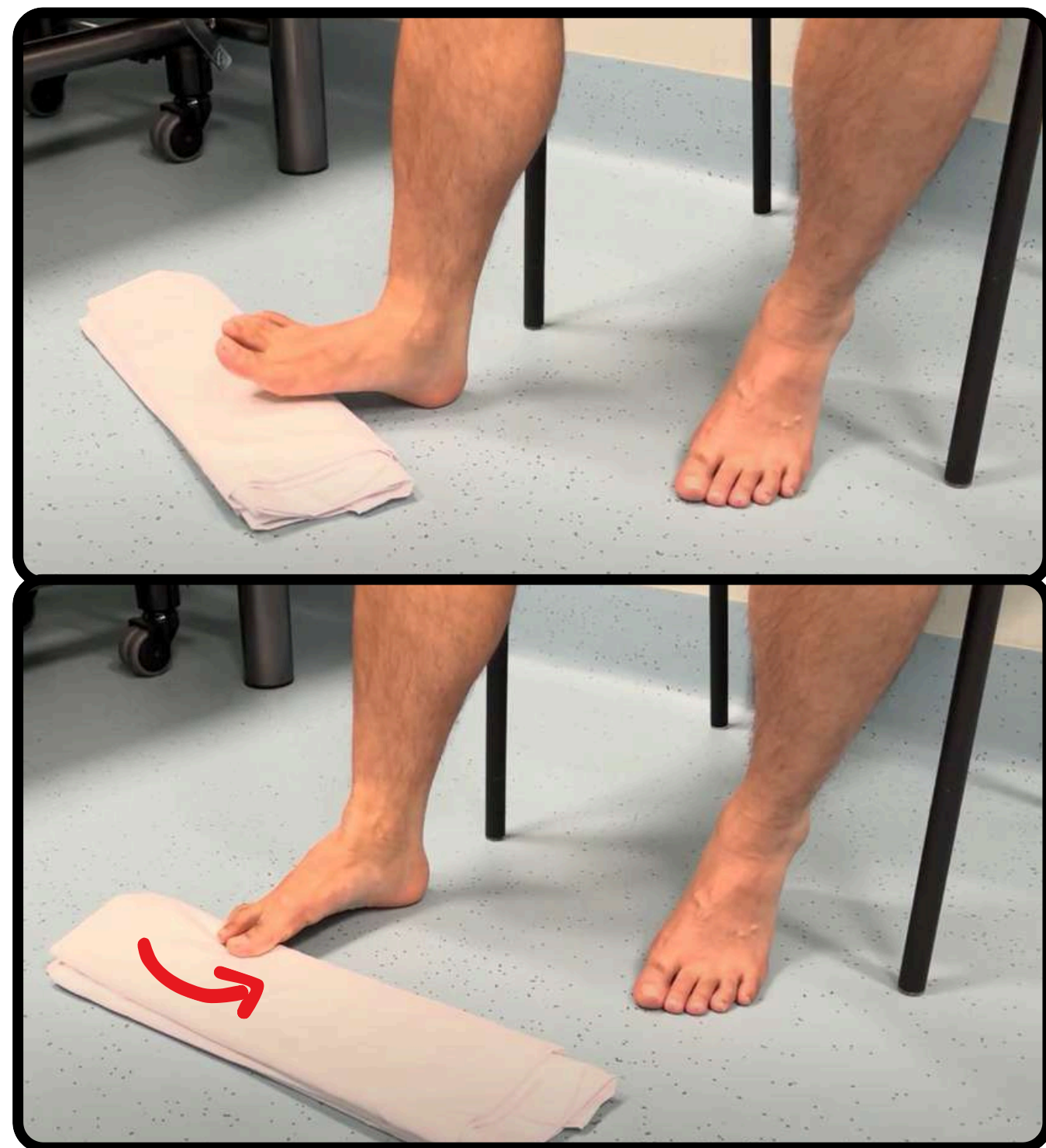
Perform x\_\_\_\_\_ set(s)

Repetitions: x\_\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_\_ daily

No Footwear Required (Barefoot)



## 11. Seated Foot/Ankle Eversion with Towel

Sit down on a chair or a couch, with a towel under your foot. Swipe or drag the towel away from your midline.

Perform x\_\_\_\_\_ set(s)

Repetitions: x\_\_\_\_\_

Hold for: \_\_\_\_\_ seconds

x\_\_\_\_\_ daily

No Footwear Required (Barefoot)

