

### Tip toeing home exercise

For the next exercise we're going to use a toy or whichever implement we have at home, I'm going to place this toy here on the top of the foot and we're going to lift the heel, the toes, and the whole heel, as much as I can. That's it, up, up, up, up, up to work the dorsiflexor muscles or the muscles that lift my ankle up.

We are going to hold this exercise for 20 seconds... 1,2,3,4 up, up, up, up 5. 6 ... until completing the 20 seconds and repeat three times, the idea is that we alternate and work the same amounts for each foot.

Okay, we're going to use these swim fins, we're going to ask the patient to put them on, we're going to adjust them according to how they feel, not too tight, not too loose.... Perfect that's it.

From here what we're going to do, is ask them to carry as much as they can and support the heel and come down.

Mary: Normal walking and lift, exactly, you have to lift the foot, because if you don't...that's exactly it.

So in this way, in this case he's got his back muscles tight, we're stretching the back and strengthening the front.

-Mary: We are also giving them what we call proprioception to the heels. Every time they place their heel on the floor, proprioception is given, most children who walk on their toes, the heel tends to be a little smaller because of the lack of that support that is given.

-Here, although we make these videos in a very rudimentary way, because we do it with real patients, in real life, in real time, we do it this way, but at home we can do it with the children in a playful way.

-In other words, the mother says, well come on, put your feet up, the idea is to encourage them and for them it is just another game, not a therapy. The idea is to encourage them and make it like another game for them, not a therapy, but a therapy.

This exercise can be done for 1 minute, 5 minutes, whatever they want, the more they can do it, the better.

For the next exercise, we are going to ask the patient to walk on their heels, keeping their toes always facing up, like this. Okay, I up, up, up, up and we go back, very good.

- Mary: Okay, toes up, toes up, toes up, this exercise has basically the same concept as the one we just did, with the swim fins. We are strengthening the front muscles of the foot and we are stretching the back muscles and at the same time we are giving proprioception to the heels, the idea is that the toes go up as much as possible, as much as possible, we can also do it for 1 minute or 5 minutes, while he is watching television, instead of him sitting down to watch television, for example, he can do this exercise.

For this other exercise, we are going to go up to the crate. We can have an object that has a measurement of approximately 12 inches high, then it will always go up the crate with the right leg and down with the left leg. Go up the drawer, once it is up, it must be completely extended and lower with the opposite leg with the left, we turn around and repeat, go up the right leg, we completely extended and lower with the left, again, the idea is to go up 15 times with the right leg and lower 15 times with the left leg, making a repetition of three rounds side and side.

- Mary: So we go up 15 times with the right leg, down 15 times with the left leg, rest 30 seconds, then go up with the left leg and down with the right leg, rest another 30 seconds and do it again with the other leg.

- Mary: Do you understand?

- Patient: Yes

There you go. Thank you very much Antony

So now we are going to show you the objects that would help us to do the exercises at home.

This would be the little blue one that would be for stretching, but we can replace it with a towel, with a belt from daddy, with something that is powerful enough ... that can be held to be able to do the stretching.

A little toy, which can be a toy like this or a ball, the idea is that they can hold it with the top of their feet, then this little pillow, which is the abdominal pillow, can be replaced with a book, these flippers are very important and are not very expensive, when we buy them, we can buy them for them and the drawer so that he can go up and down can be ... we can buy a ... a ... one of those little chairs that we use to reach things upstairs in the kitchen and a seat, the idea is that it is as firm as possible, to support him and these would be the objects that we would use to support him. one of those little chairs that we use to be able to reach things upstairs in the kitchen and a seat, the idea is that it should be as firm as possible, so that it gives support and these would be the objects that we would use to support children who walk on their toes or even if they do not walk on their toes who have retraction of the muscles at the back of the foot, which are the Achilles tendon, the gastrocnemius, the soleus and we strengthen the muscles at the front, including the tibialis anterior.