



Foot Strengthening Exercises

How do Foot Strengthening Exercises help our feet?

- They improve the strength in our feet, in preparation to progress onto Pointe Work.
- They improve the flexibility in our feet.
- They give us a higher instep which improves our pointe
- They help strengthen our ankles





Hand Towel

Scrunch the towel toward you as you actively curl your toes. For a challenge, add weight, like a book, to the end of the towel.



Hair Elastic

Put an elastic hairband around your toes for resistance, spread your toes wide, relax and repeat.



Thera-Band

Slowly pointing and flexing your foot in parallel. Then, sickle with a point, return to neutral and repeat; and wing (in both flexed and pointed positions), return to neutral and repeat.



Tennis Ball

Place at or above the ankle bones, as you slowly relevé and lower in parallel.



Doming

Similar to the Hand Towel Exercise, without the towel! Dome your foot with the arch lifted and toes long.



Toe Teasers

Lift the big toe and keep the others on the floor, then swap. Later, try placing the toes down in sequence one at a time, then reverse. Isolate the big toe and practice moving it toward your midline.



Piano Toes

From tendu second, flex the foot off the floor and articulate the toes into a pointe one at a time.

Stretches

For the calf. Lunge in parallel and reach the back heel down. Or place the ball of the foot against a wall and lean forward.

(just check your feet are clean first!!)



Stretches

For the soleus. From a parallel lunge, scoot the back foot in towards the front leg, about a foot's length, and bend both knees for a stretch closer to the Achilles.



Stretches

For the top of the instep. Standing in pointe shoes or soft ballet shoes, cross one leg over and press the top of the foot into the floor. Plié to increase the stretch.



Send us your stretching pictures!

If you're on Instagram,
tag us at @team_jn_ and
use the hashtag
#teamjnonline

