



## **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

