

Physiotherapy Exercises for In-toeing

1. Penguin Walk

Keep your heels close together and your toes pointed outward. Waddle along like a penguin! Don't forget to flap your wings.



2. Ballet Plié OR Crouching Ninja

Keep your heels together and toes pointed outward. Bend your knees and crouch as far down as you can. Come back up to standing and repeat!



3. Side Stepping

- a) Like a hermit crab! Take small, shuffling steps sideways with your pincers up.
- b) Like a king crab! Same thing, but take big, long steps sideways.



4. Butterfly Sit

Sit upright with the soles of your feet together. Flap your knees up and down like a butterfly!



5. Frog Jumps

Crouch down very low with your toes pointing outward.

Jump up as high as you can like a frog. Don't forget to say: "ribbit!"

