

THE TIP TOE

This movement will stretch your ankle and calf muscles, improving blood flow to the heart, and therefore healing.



1

- » You can use the back of a chair for balance.
- » Using the back of the chair, stand up straight looking straight in front of you.

2

- » Slowly rise yourself on your tiptoes.
- » Keep your legs and back as straight as possible during the movement to really activate your calf muscle.
- » Breathe in & out deeply as you go up and down.
- » Repeat 5 times, then release.



Level 1

THE TIP TOE



1

Stand straight
Look ahead



On tiptoe



On the soles
of the feet

**GREAT
JOB!**



Be mindful to not tilt
your pelvis forward
or backward.