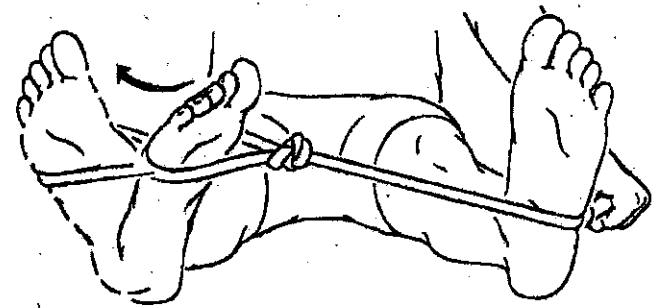
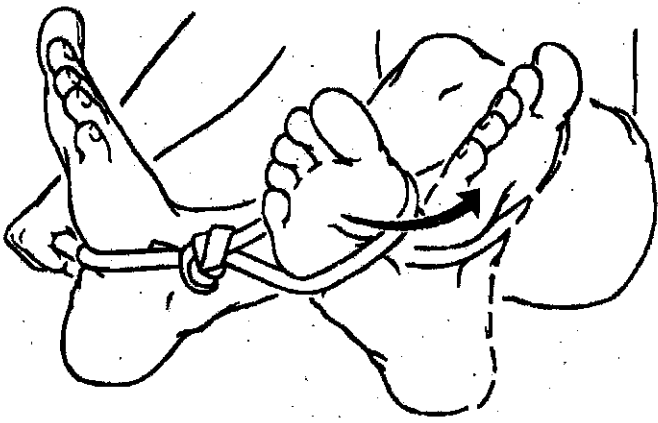
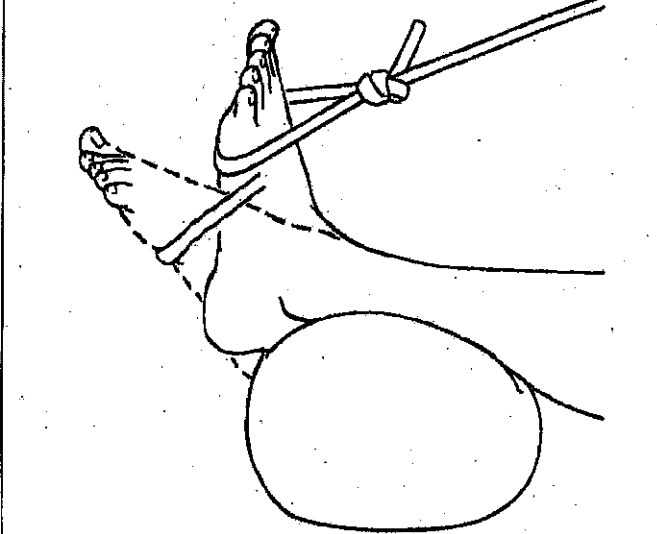
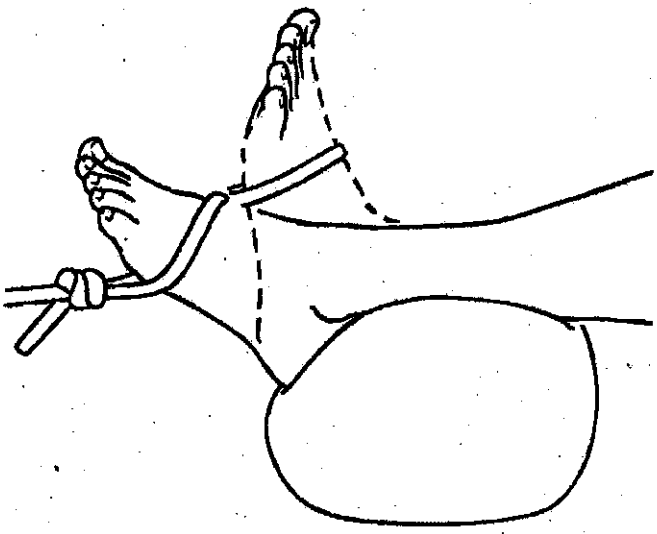
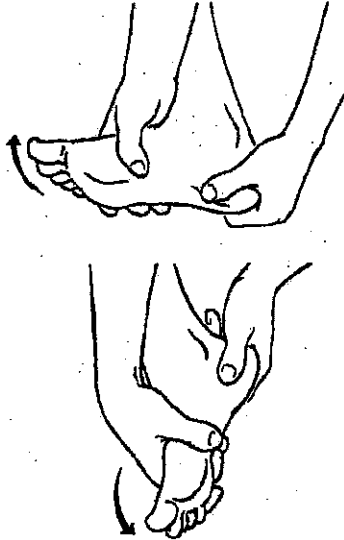


Ankle Strengthening



3x: 30 pieces
sitting then
progress to
standing



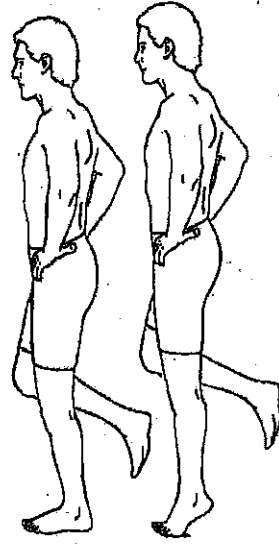
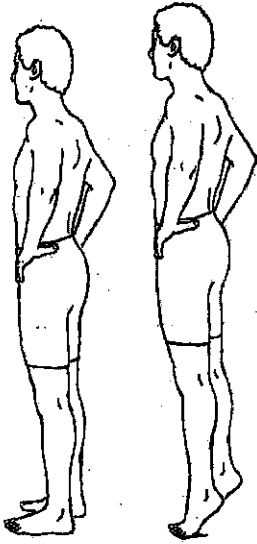
*can also use marbles/rocks

Balance/Strength Progressions

Ankle Strengthening

Heel Raise

Toe Raise



Tap Front

Tap to the side

Tap Back

