



SUGARFOOT THERAPY

SFT FOOT STABILITY

FOOT & ANKLE MOBILITY in DOWNWARD DOG

Relevés 15x

Knee Swings 10x each leg

TOWEL CURLS

10-20x on each foot

ANKLE STIRRUP ACTIVATION (loop exercise band under big toe and lean into barre)

10x on each foot

Band under right big toe; left knee lifts towards right hand

Band under left big toe; right knee lifts towards left hand

MEDIAL & LATERAL RESISTED RELEVÉS (with band wrapped under heel and partner pulling the ends of the band)

12x in each position

Standing on right foot with band pulled out to the right

Standing on left foot with band pulled out to the left

Standing on right foot with band pulled out to the left

Standing on left foot with band pulled out to the right

DUAL ANKLE & HIP ACTIVATION on BALANCE DISC

10x in each position

Right foot moving front to back on disc

Right foot moving side to side on disc

Left foot moving front to back on disc

Left foot moving side to side on disc

Right foot circles clockwise on disc

Right foot circles counter clockwise on disc

Left foot circles clockwise on disc

Left foot circles counter clockwise on disc

3-WAY SINGLE LEG SQUAT & REACH on BALANCE PAD

10x in each position

Stand/squat on left foot and tap right foot straight forward

Stand/squat on right foot and tap left foot straight forward

Stand/squat on left foot and tap right foot straight side

Stand/squat on right foot and tap left foot straight side

Stand/squat on left foot and tap right foot to back right diagonal

Stand/squat on right foot and tap left foot to back left diagonal

9-WAY SQUATS IN FORCED ARCH

5-10x in each position

Feet parallel and side by side

Feet parallel with right foot forward

Feet parallel with left foot forward

Feet turned in and side by side

Feet turned with right foot forward

Feet turned in with left foot forward

Feet turned out and side by side

Feet turned out with right foot forward

Feet turned out with left foot forward