

DorsiFlexor (Toe) Raises

Types (progression): The basic form has you standing on a flat floor. An advanced form has your heel at the edge of a step/box. This is typically a bi-lateral exercise. **Performance:** The exercise done is done typically for 15 or more repetitions for 1-3 sets.

Form: Spread feet shoulder-width apart then slowly raise your toes off floor, keeping your knees extended (but not locked). All the pressure should be felt along the entire heels. Pause for one second. Slowly lower your toes back to the ground. For added difficulty this exercise can be done off edge of a step/box where only heels are in contact. This position allows for a greater stretch.

Do it Right!
Exercises you Should Do



The Dorsiflexor raise or toe lift is a must do exercise for those who run and it should be done by everyone in my opinion. It helps prevent injury and improves performance and balance.

Performing this exercise will help strengthen the anterior tibialis, which is the prime muscle involved in shin splints (a common runner's ailment). They can be done anywhere. They can be done often, even everyday. I would recommend performing them at least 3 x a week. I recommend 1-3 sets for 15+ repetitions. There is no excuse. It only takes minutes to do. I do them standing at a work station.

Did you know: Restricted dorsiflexion range of motion (ROM) has been linked to a range of pathologies. Studies have shown that the presence of restricted dorsiflexion may cause healthy individuals to adopt compensatory gait patterns such as genu recurvatum, early heel lift, and excessive subtalar joint pronation in addition to altering their biomechanical function in gait. Altered biomechanics may predispose individuals to the development of pathologies such as metatarsalgia, ankle sprain, and medial tibial traction periostitis as well as Achilles tendinopathy, plantar fasciopathy and gastrocnemius strain in sporting populations ([see study](#)). A study found that both strengthening and stretching exercise program, which included heel and toe lifts, significantly reduced pain and improved gait in patients with plantar fasciitis and other foot and ankle issues.