

Toe Tap Matrix

Sagittal Plane

Step 1: While balancing on 1 leg, take opposite leg and lightly tap toes forward and backward, while maintaining upright balance.

Repeat 10 times.



Frontal Plane

Step 2: While balancing on 1 leg, take opposite leg and lightly tap toes side to side across body, while maintaining upright balance.

Repeat 10 times.



Transverse Plane

Step 3: While balancing on 1 leg, take opposite leg and lightly tap toes in front of body and behind while rotating hips, while maintaining upright balance.

Repeat 10 times.

