

FOOT AND ANKLE

Exercises

These exercises are designed to stretch and strengthen your feet and ankles. Before beginning an exercise, read through all its instructions. While exercising, breathe normally and don't bounce. If you feel any pain, stop the exercise. If pain persists, inform your health care provider.

STRAIGHT-KNEE CALF STRETCH

1 Stand an arm's length away from a wall. Place the palms of your hands on the wall. Step forward about 12 inches with your _____ foot.

2 Keeping toes pointed forward and both heels on the floor, lean toward the wall. Bend your forward leg, but keep your back leg straight. Hold for 10 seconds. Relax.

3 Repeat 3 times.
Do 2 sets a day.



CAUTION

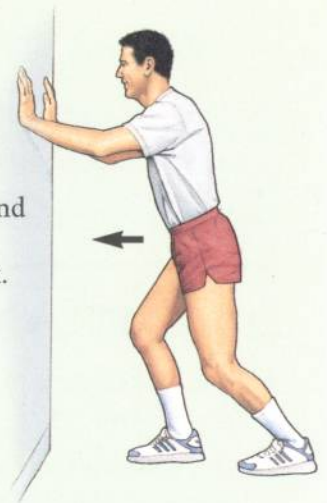
- Don't arch your back.
- Don't hunch your shoulders.

BENT-KNEE CALF STRETCH

1 Stand an arm's length away from a wall. Place the palms of your hands on the wall. Step forward about 12 inches with your _____ foot.

2 Keeping toes pointed forward and both heels on the floor, bend both knees and lean forward. Hold for 10 seconds. Relax.

3 Repeat 3 times.
Do 2 sets a day.



CAUTION

- Don't arch your back.
- Don't hunch your shoulders.

ANKLE CIRCLES

1 Sit straight-legged on the floor or other firm surface.

2 Resting your _____ calf on a rolled-up towel, use your foot to draw circles in both directions or write the letters of the alphabet in the air.

3 Continue for 10 seconds.
Do 2 times a day.



CAUTION

- If your ankle is swollen, make sure it is elevated above your hip.

BALANCING EXERCISE

1 Stand up straight. With your eyes open and arms out to the side, lift your _____ foot so you're balancing on the other leg. Hold for 10 seconds. Return to starting position.

2 Repeat step 1 with your eyes closed. Hold for 10 seconds. Return to starting position.

3 Repeat 3 times.
Do 2 sets a day.



CAUTION

- Stand near a sturdy counter, chair, or wall in case you lose your balance.
- Do this exercise in bare feet.

STANDING CALF RAISE

- 1 Stand, using a sturdy counter for balance only. Lift your _____ foot so you're standing on the other foot.
- 2 Rise up on your toes, then lower back onto your heel.
- 3 Repeat 3 times. Do 2 sets a day.



CAUTION

- Keep your back straight.
- Don't lean on the counter.

REVERSE CALF RAISE

- 1 Remove your shoes and socks. Then sit with your _____ heel on the edge of a phone book or block of wood.
- 2 Keeping your heel on the phone book or wood, raise the front of your foot as far as you can, then lower it back down.
- 3 Repeat 3 times. Do 2 sets a day.



CAUTION

- Use a book or block no thicker than 3 inches.

ISOMETRIC ANKLE EXERCISE

- 1 Sit in a chair next to a wall, doorway, or sturdy table or chair leg.
- 2 With your heel on the ground, push the outside of your foot against the hard surface. Hold for 10 seconds. Repeat 3 times.
- 3 With your heel on the ground, push the inside of your foot against the hard surface. Hold for 10 seconds. Repeat 3 times.
- 4 Do 2 sets a day.



CAUTION

- Push only with your foot, not with the rest of the leg.

