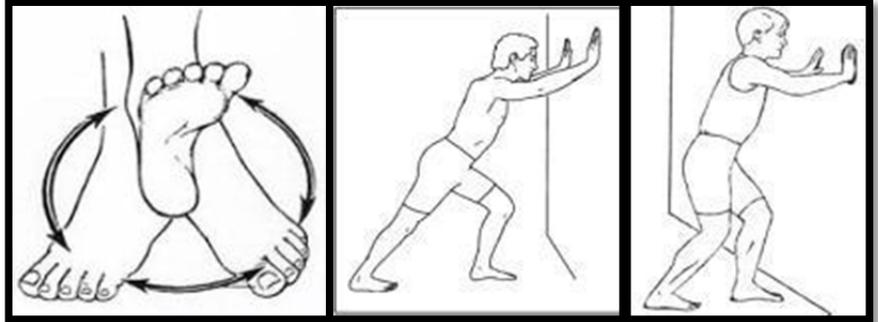


# Foot and Ankle Exercises

## 1. Ankle Range of Motion and Calf Stretches

Range of Motion: Slowly rotate your ankle in circles.

Calf Stretches: Hold for 20-30 seconds



## 2. Strengthen Intrinsic Foot muscles – “Out and In”

Sit in a chair with your feet on the floor; keeping your toes straight, try to splay your toes apart as far as you can. You might find it helpful to do the same movements with your hands at the same time to help your brain “find” these muscles in your feet!



Repeat 10 times.

## 3. Strengthen Muscles that support the arch – Seated “Lift Arches”

In bare feet, sit on a chair with your feet shoulder width apart. Gently try to “lift your arch” without clawing your toes.

Hold for 10 seconds. Repeat 5 times/side, twice a day.



## 4. Strengthen Intrinsic Foot Muscles – “Waving on a ball”

Keeping your toes straight, try to “wave” by bending and straightening at the bottom knuckles (where your toes join your feet).

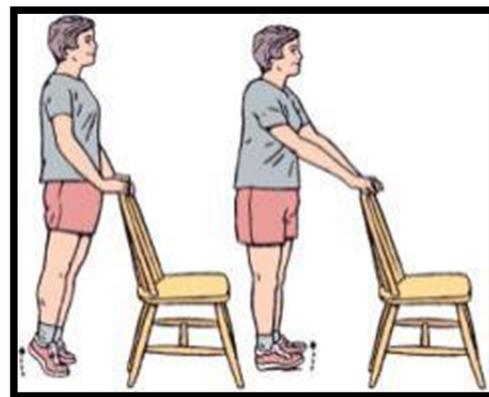


Repeat 10 times.

## 5. Heel and Toe Raises

Holding on for support, slowly lift your heels. Return to starting position. Slowly lift your toes.

Repeat 10 times.



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## 6. Lateral Ankle Strength

Turn the sole of your foot to face away from your other foot while pulling outwards against the theraband. Repeat 10 times.

