

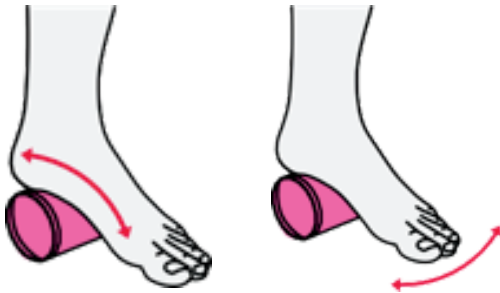
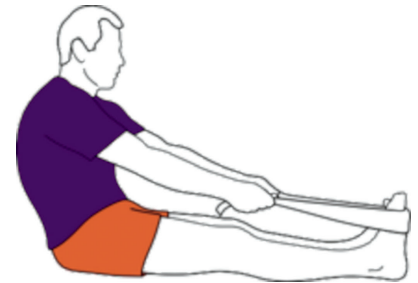


EXERCISES FOR THE FEET AND ANKLES

Stretching exercises

Achilles tendon and plantar fascia stretch

Loop a towel around the ball of your foot and pull your toes towards your body, keeping your knee straight. Hold for 30 seconds. Repeat three times on each foot.

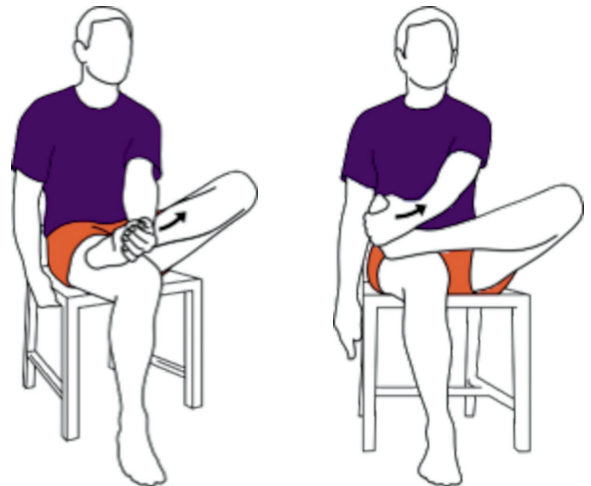


Plantar fascia stretch

Sit down and rest the arch of your foot on a round object, such as a tin of beans. Roll your foot on the tin in all directions for a few minutes. Repeat this exercise twice a day.

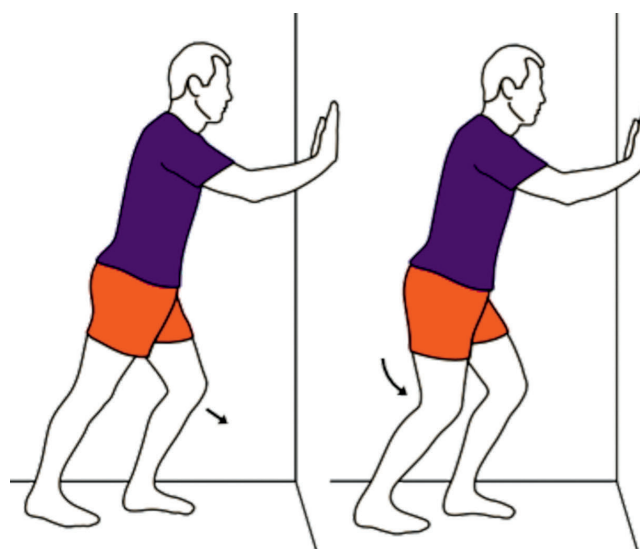
Sitting plantar fascia stretch

Sit down and cross one foot over your knee. Grab the base of your toes and pull them back towards your body, until you feel a comfortable stretch. Hold for 15 to 20 seconds. Repeat this three times.



Wall push (a)

Facing a wall, put both hands on the wall at shoulder height and place one foot in front of the other. The front foot should be around 30cm (12 inches) from the wall. With the front knee bent and the back knee straight, bend the front knee towards the wall, until the calf in your back leg feels tight. Relax and repeat 10 times.

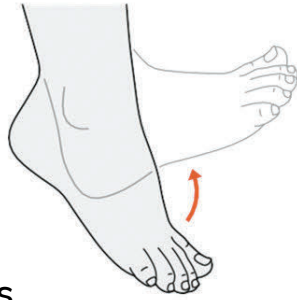


Wall push (b)

Repeat (a) but bring the back foot forward a little, so that the back knee is slightly bent. Repeat this 10 times.

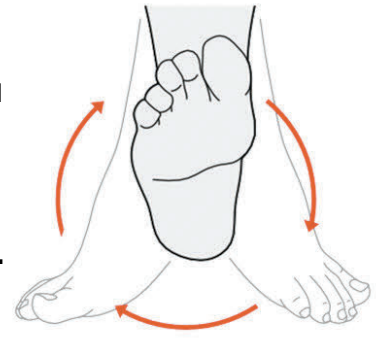
Ankle range of motion

Bend your ankle up towards your body as far as possible, then point your toes away from your body. Repeat this 10 times.

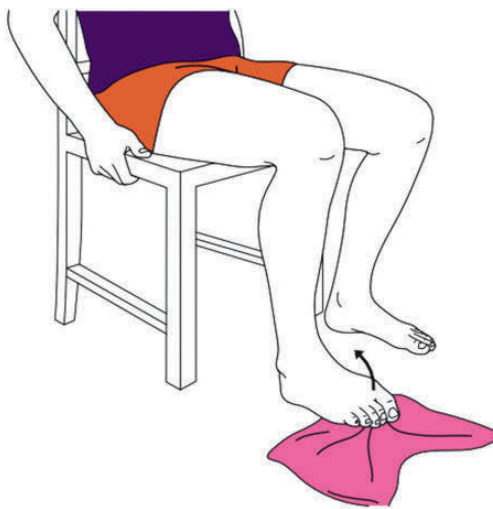


Ankle rotation

Move your ankle around slowly in a circle. Do this 10 times one way, then repeat in the opposite direction.



Strengthening exercises

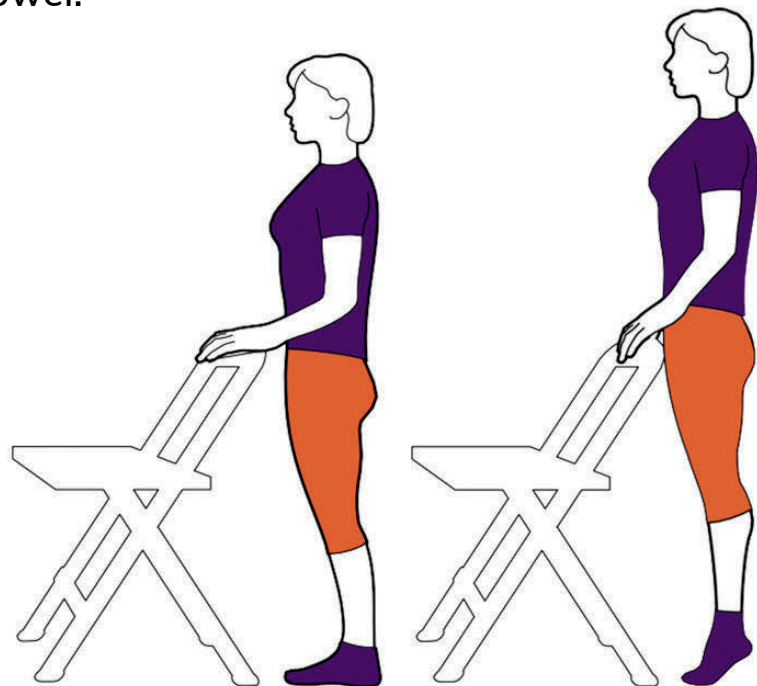


Towel pickup

Sit down with a towel on the floor in front of you. Keeping your heel on the ground, pick up the towel by scrunching it between your toes. Repeat 10 to 20 times. As you improve, add a small weight, such as a tin of beans, to the towel.

Standing heel raise

Standing in front of a counter or chair, using it for support, rise up on your tiptoes, with your knees straight. Slowly lower your feet back down. Repeat 10 times.



Toe spread

With your feet resting on the floor, spread your toes apart as far as possible. Hold for five seconds. Repeat this exercise 10 times.