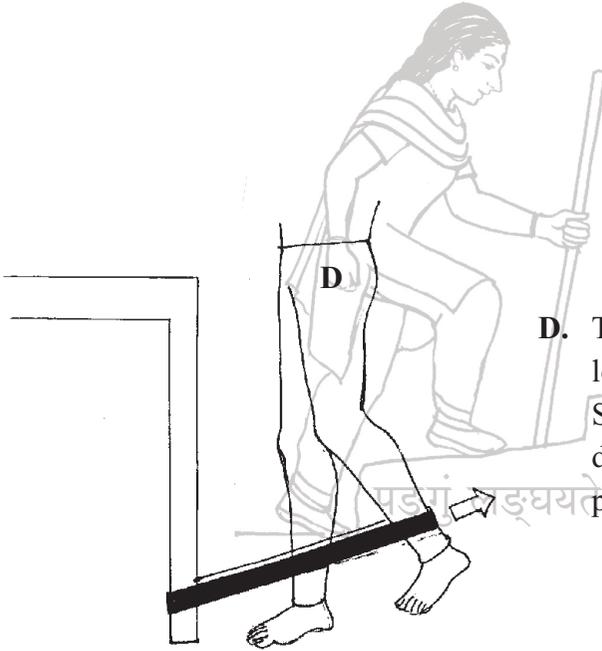
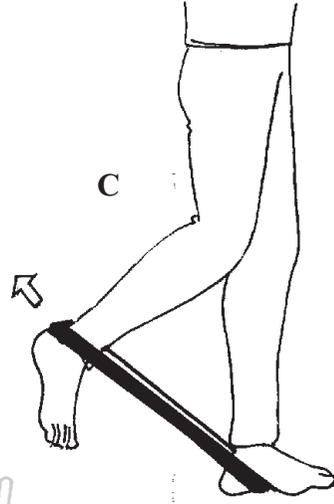


C. Press one end of the rubber band under your one foot and loop another end around the ankle of another leg. Then, bend the other leg and lift it to stretch the rubber band. This exercise will increase the strength of muscles on the back of your ankle.



D. Tie a rubber band around the leg of a table and your ankle. Stretch your knee upto 90 degrees, as shown in the picture.

Lupus Clinic

Modern Management of Arthritis

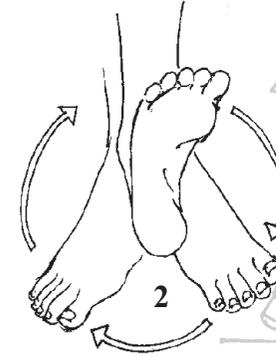
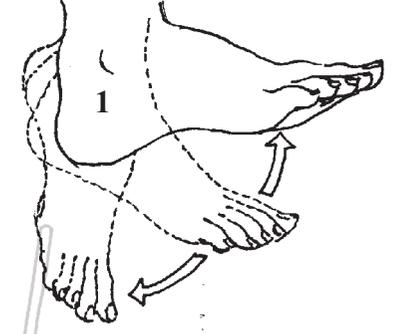
Dr. Shrikant Wagh

M.B.B.S. (Mumbai), M.D. (Medicine), M.Sc. Rheumatology (UK)
B.A.M.S., M.A.Sc. (Chikitsa), M.A. (Sanskrit), M.A. (Music)

Rheumatologist

Ankle and Foot Exercises

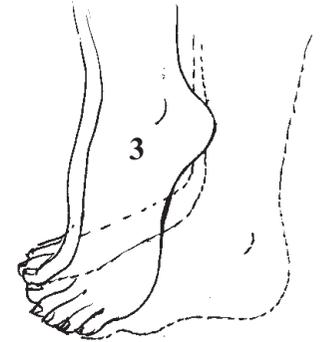
1. Sit on a chair or bed. Relax your legs and stretch your feet up and down at the ankle joint.



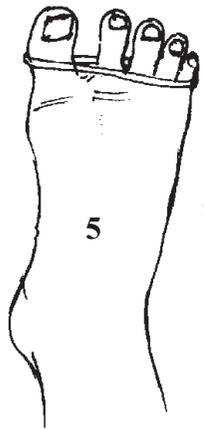
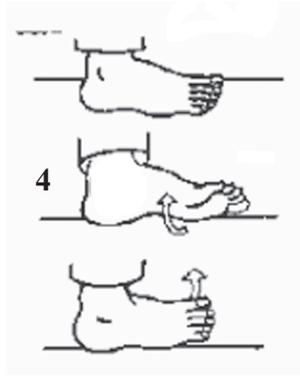
2. Rotate your ankles clockwise and anticlockwise while sitting on a chair.

पङ्गुं लङ्घयते गिरिम् ।

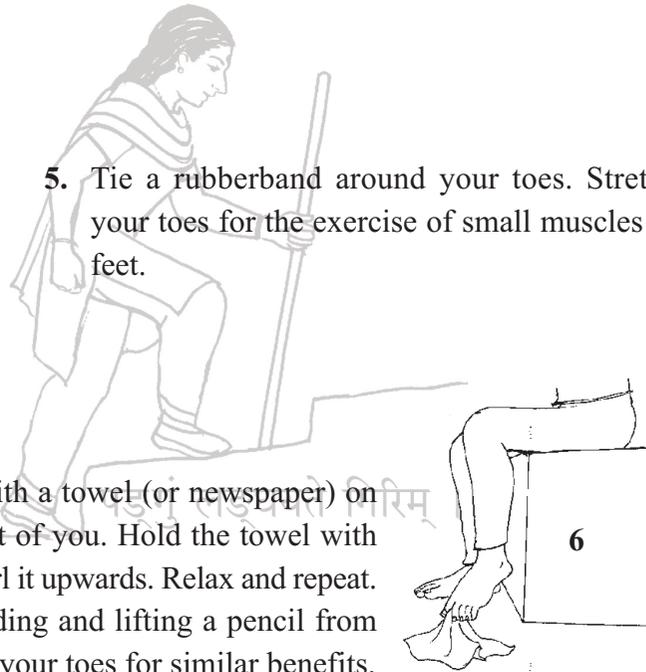
3. Sit on a chair and raise your heels while holding your toes on the ground.



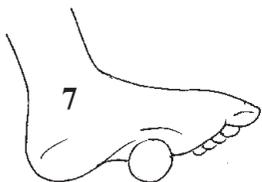
4. Keep your feet on the ground and press heels firmly. Next, raise your big toe upwards while keeping your little toe firmly on the ground. Finally, return to the original position and raise your little toe while keeping the big toe firmly on the ground.



5. Tie a rubberband around your toes. Stretch your toes for the exercise of small muscles of feet.

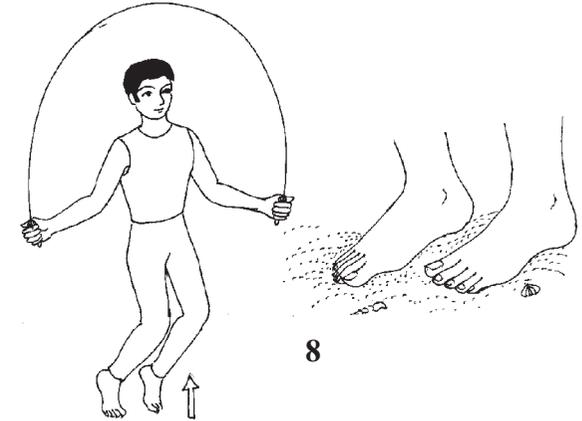


6. Sit on a chair with a towel (or newspaper) on the floor in front of you. Hold the towel with your toes and curl it upwards. Relax and repeat. You can try holding and lifting a pencil from the ground with your toes for similar benefits.

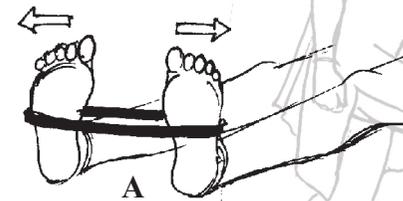


7. Sit on a chair and rest your arch of foot on a soft ball. Roll the ball in various directions – left, right, forwards, and backward and rotate it.

8. Walking on sand, heel-walk, walking on toes, and skipping strengthens the ankle and feet muscles.



Strengthening Exercises



- A. Lie flat on your back. Make a loop of TheraBand (or a rubber band) around your feet. Stretch both feet away from each other.

- B. Lie on your back. Bend hip and knee at 90 degrees, as shown in the picture. Hold a rubber band around your feet. Hold ends of the rubber band with your hands and straighten your leg to stretch the rubber band.

