Ankle & Foot Exercises

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

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

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

4. Keep your feet on the ground and press heels firmly. Raise your big toe upwards while keeping your little toe firmly on ground. Return back to original position and raise your little toe up while keeping big toe firmly on ground.

5. Tie rubber-band around your toes. Stretch your toes for exercise of small muscles of feet.

6. Sit on 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 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 backwards and rotate it as well.

8. Walking on sand, heel-walk, walking on toes and skipping strengthens muscles of ankle and feet.
Ankle & Foot Exercises

**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.

![Image](image1.png)

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

![Image](image2.png)

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

![Image](image3.png)

D. Tie rubber band around leg of a table and your ankle. Stretch your knee up to 90° as shown in the picture.

![Image](image4.png)

**General instructions about exercise**

1. Do exercises in fresh, pleasant environment.
2. Do not eat anything for about an hour after exercise. Sips of water or other fluids are allowed.
3. Wear comfortable cotton clothes during exercise.
4. Concentrate on your exercise and do it slowly. Never exercise hastily; do not jerk your joints.
5. Concentrate on the joint or muscle group for which you are exercising.
6. One should feel relaxation of muscles after exercise. Increase in pain after exercise may indicate wrong method. Stop exercise and meet your physiotherapist again in such situation.
7. Maintain a posture for about 10 seconds and return back slowly to resting position.
8. Start low – for some minutes – and increase your work-out gradually.
9. Exercise twice each day. Regularity is of utmost importance.