

FOOT EXERCISES

Foot muscle health is important for balance and mobility. Healthy foot muscles can help prevent foot deformities. Foot changes, like hammer toes and bunions, can increase your risk of foot problems, and put you at higher risk of developing an ulcer or amputation.

Foot exercises may be difficult to perform but keep trying! The exercise gets easier as the connection to the foot muscles improve. If the exercises are too difficult you can use your hands to stabilize the toes that are not supposed to move, helping you to better move the desired toe.

TOE STRETCHING

While sitting, weave a rolled tissue between your toes and relax like that. Start with 5 minutes and work your way up to 20 minutes. Do not wear inside shoes nor walk with tissue between your toes.

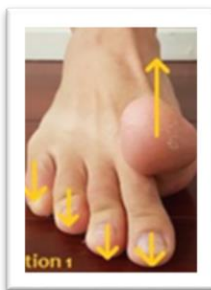


TOE SPREADING

While sitting down, place your feet and toes on the floor. Try to spread your toes. Hold for 10 seconds and repeat 10 times.

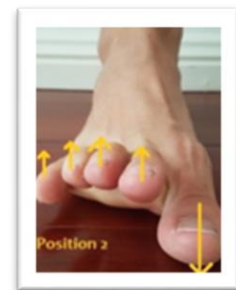


TOE TAPS

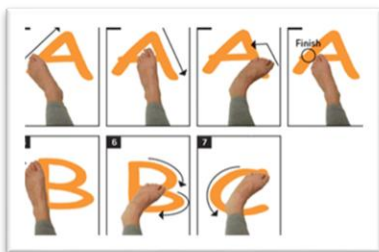


While sitting down with your feet and toes on the floor, tap your big toes up and down while keeping your little toes on the floor. Repeat 10 times.

Now leave your big toes on the floor and tap your little toes up and down. Repeat 10 times.



ALPHABET EXERCISES



With your feet relaxed on a footrest, pretend your big toe is a pencil. Use your ankle, midfoot and toes to write the letters of the alphabet in the air. Do not lift your leg. Start with the letter **A, a or a** and work your way up to **Z, z or z**. Stop whenever your feet feel tired. With practise, you will be able to complete the alphabet.