

ANKLE EXERCISES FOR ARTHRITIS



Ankle Pumps

- From a seated position, lift one foot slightly off the floor.
- Alternate flexing your foot toward you so your toes point upward, then point your toes away from you.
- The movement should resemble pumping a brake pedal on a car.
- Repeat 10 times with each foot.



Calf Raises

- Stand with your feet shoulder-width apart.
- Hold on to the back of a sturdy chair or countertop if you need to.
- Rise up on your toes, lifting your heels off the ground.
- Hold the position for 5 seconds.
- Repeat the movement 10 times.



Toe Raises

- Stand with your feet shoulder-width apart.
- Lift your toes off the floor, keeping your heels on the ground.
- Hold for 5 seconds.
- Repeat the movement 10 times.

Visit shine365.marshfieldclinic.org to learn more or youtube.com/marshfieldclinic to view more exercise videos.

 **Marshfield Clinic**[®]
Don't just live. **Shine.**