

Foot and ankle exercises

Below are a set of exercises that you might wish to try if your arthritis causes stiffness in your feet and ankles.

You should always build up new activities slowly. You may experience mild discomfort whilst performing these exercises. If this persists, stop immediately and consult your doctor, an osteopath or a physiotherapist. Don't force through the pain.

For more information, visit: www.arthritisaction.org.uk

Toe-off (mobility)



If your big toe is stiff, it can make it difficult to walk and can have a knock-on effect on other joints such as the knee and hip. Walking through the big toe to stretch it out can help.

- Standing and holding onto the wall, stretch through the foot as shown in the diagram
- Hold for 30 seconds
- Repeat 5 times
- If this causes discomfort, ease off the pressure



Toe strength and mobility

- Sitting in a chair, place your foot on a folded towel
- Spread your toes as wide as you can and hold for 30 seconds
- Scrunch your toes up and try to grip the towel with your foot
- Hold for 30 seconds
- Repeat this 5 times on each foot



Calf raise (strength)

- Holding onto the wall, rise up onto tiptoes
- Hold for 2 seconds and lower yourself back down again slowly
- Repeat for 30 seconds
- **PROGRESSION** - do this exercise for longer

