

Foot and ankle mobility 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. These exercises are intended to be gentle. However, if you have any concerns about whether they are suitable for you, please consult a healthcare professional before taking part.

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

Ankle circles



- Sit on a chair with your feet firmly on the ground and your knees at the same level as your hips
- Lift one foot off the ground and turn it clockwise 10 times followed by 10 times anticlockwise
- Try to make the circles as big as possible without moving the lower leg
- Repeat this 3 times on each side
- You may hear your ankles 'click' as you do this. This is perfectly normal and there is no need to be concerned. If there is discomfort, reduce the size of the circles



Side to side (inversion/eversion)

- Start in the same position as before
- Turn your foot inwards and hold for 30 seconds - feel the stretch on the outside of your leg
- Turn the foot outwards and hold for 30 seconds - feel the stretch
- Repeat 3 times on each leg

Up and down (Dorsiflexion/plantarflexion)

- Start in the same position as before
- Point your toes towards the floor and hold for 30 seconds - feel the stretch in the top of your foot
- Raise your foot towards the ceiling and hold for 30 seconds - feel the stretch in your calf
- Repeat 3 times on each leg

