



# Exercises for Foot Health

Foot exercises can help strengthen your feet and provide pain relief.

Note: You should not feel pain when performing these exercises. Please check with your doctor before doing stretches that cause discomfort.

## Calf Stretch



Stand an arm's length from a wall. Place your right foot behind your left. Slowly and gently bend your left leg forward. Keep your right knee straight and your right heel on the ground. Hold your back straight and your hips forward. Don't rotate your feet inward or outward. Feel the stretch in your right calf.

Hold the stretch for 15 – 30 seconds and release.

Reverse the position of your legs, and repeat.

## Strengthen and Stretch Ankle



Sit in a chair and remove shoes. Trace the alphabet with your toe, which encourages ankle movement in all directions.

Repeat with other foot.

## Strengthen Foot Arch



Place a towel on the floor, grab the towel with your toes and pull it toward you.

Repeat 6 – 10 times and perform on both feet.

## Stretch Foot Arch



Sit in a chair and remove shoes. Place a tennis ball on the floor and press down on it lightly with the bottom of your foot. Roll the ball up and down your foot for 30 seconds.

Repeat with other foot.



# Exercises for Hand Health

Hand and finger exercises can help strengthen your hands and fingers, increase your range of motion, and provide pain relief. Repeat each exercise 3 times and perform with both hands.

Note: Stretch only until you feel tightness; you should not feel pain. Check with your doctor before doing stretches that cause discomfort.

## Make a Fist and Open



Make a gentle fist, wrapping your thumb across your fingers. Hold for 3 seconds. Release and spread your fingers and thumb wide. Hold for 3 seconds. Repeat with other hand.

## Grip Strengthener

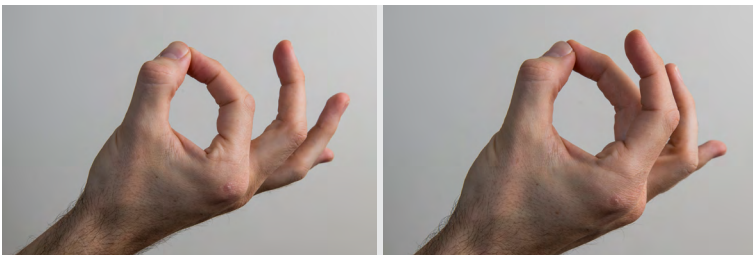


Place a soft ball in your palm.

Gently squeeze the ball in your palm 6 – 10 times.

Repeat with other hand.

## Thumb Touch

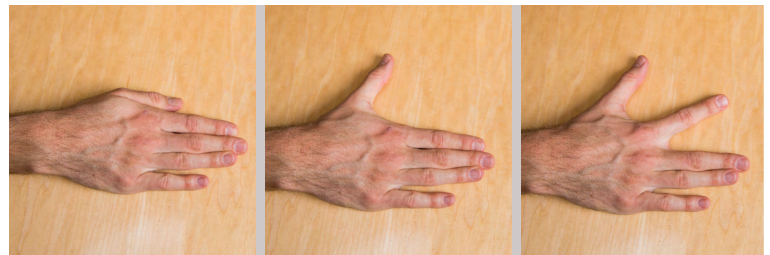


Start with holding your wrist and fingers straight, and your fingers relaxed together. Form an O shape by touching your thumb to each fingertip one at a time.

Moving slowly and smoothly, touch your thumb to your index finger, your middle, ring and small finger.

Repeat with other hand.

## Finger and Thumb Side-to-Side



Rest your hand on a flat surface, with your palm facing down. Move your thumb away from your hand. Beginning with your index finger, move it toward your thumb. Follow with moving your middle, ring and small fingers one at a time toward your thumb. Reverse the direction of each finger one at a time, back to starting position.

Repeat with other hand.