

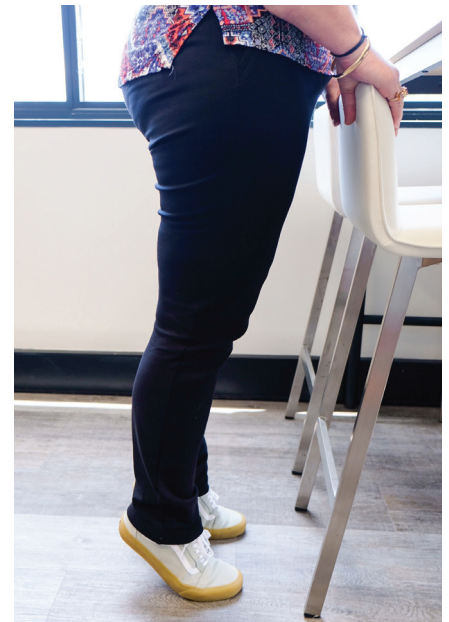
Exercises to build ankle and foot strength



Heel raises

Heel raises help to build strength in your ankles and calf muscles. Strengthening your ankles is important to avoid falling and improve balance.

1. Hold on to a chair or table for support, and stand tall with good posture.
2. Slowly rise up onto the balls of your feet, and raise your heels off the ground.
3. Hold this position for 2 seconds.
4. Slowly lower your heels back to the ground and repeat.



Toe raises

Toe raises can help to strengthen the muscles at the front of your feet, which are often weak. These muscles are important as they help you lift your feet over obstacles.

1. Hold on to a chair or table for support, and stand tall with good posture.
2. Slowly bring your toes up off the floor. You may not have quite this level of flexibility, but try to raise your toes as far off the floor as you can.
3. Hold this position for 2 seconds.
4. Slowly lower your toes back to the floor.



Important

These exercises may not be suitable for you. Consult a health professional if you are unsure. Stop the exercise if you are feeling any new or increasing pain, feel dizzy, clammy, or shortness of breath. Seek medical assistance immediately if symptoms persist.