

Foot Stretching and Strengthening



Ankle Circles- Sit comfortably in a chair and lift the right leg off the ground. Slowly and gently rotate the ankle in a clockwise direction for 10 rotations. Repeat on the left leg. Return to the right leg and slowly and gently rotate the ankle in an anticlockwise direction for 10 rotations. Repeat on the left leg.



Toe Ups- Sit comfortably in a chair with both feet flat on the ground. Keeping your heels on the floor, lift both feet off the ground as high as you can and hold for 10 seconds. If you can do 3 repetitions without difficulty or soreness the next day, increase by 1 repetition up to 4. Keep increasing the number of repetitions by 1 but do not exceed a maximum of 10 repetitions of 10 seconds.

It does not matter if you never reach 10 repetitions and you only need to do one set of this exercise.



Heel Raises- Stand in front of a wall/chair with your hands on the wall/chair for balance and your feet flat on the floor at a comfortable distance apart. Slowly rise up as high as you can on your toes and then lower yourself slowly back to the ground. Repeat the exercise of going up and down on your toes in 3 sets of 10 repetitions with 30 seconds rest between each.

Once you can complete all 3 sets of 10 repetitions without



soreness or stiffness the next day, increase the repetitions in each set by 2 until you reach a maximum of 50 repetitions in total or up to a point you are comfortable with.

Calf Stretches- Standing with your hands on the wall/chair and feet hip width apart, step one foot back. With your feet, knees and hips pointing forward, bend your front leg and keep your back leg straight while you lean forward and push your back heel into the ground. Lean until you feel a stretch in your calf muscle and hold. THIS SHOULD NOT BE

PAINFUL. Hold for 20 seconds then relax and lean back for a 5 second break. Repeat stretch 3 times.

Recommended Shoes for Falls Prevention

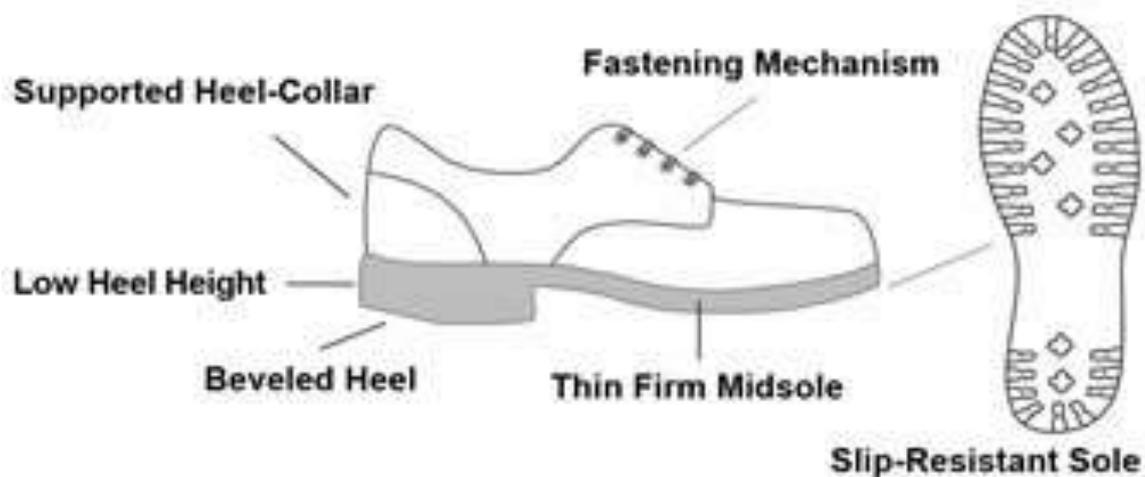


Figure.
Recommended shoe features for older people.

Recommended Slippers for Falls Prevention

