



## FOOT AND ANKLE HEALTH

According to the Bureau of Labor Statistics, foot injuries result in more than 60,000 people missing work per year.

Pain/discomfort in your feet and ankles can lead to a change in your gait pattern, how you bear weight between both legs, and can lead to pain in your knees, hips and lower back among other things. Keeping your feet strong and healthy improves posture and allows you to be on your feet doing the activities you love to do.



To help keep your feet strong and healthy, try to perform exercises once a day for 10 repetitions. If you are experiencing pain in your feet or ankles common signs and symptoms are pain in your arch, heel, moving from sitting to standing, and overuse.

### FOOT

#### Towel scrunches

- Sit in a chair and place a towel under your foot. Make sure that your foot stays in a downward pointed position throughout the exercise.
- Use your toes to scrunch the towel closer to you. Make sure your ankle and knee do not move during the exercise.

#### Plantar fascia stretch

- Start in a seated position with your legs extended
- Pull back on your toes emphasizing on the big toe until you feel a stretch
- Return to starting position and repeat





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## ANKLE

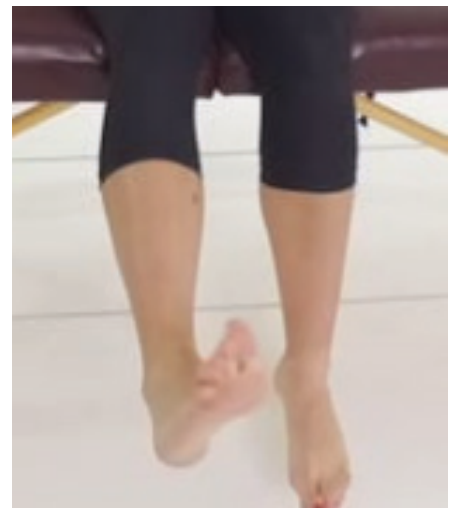
### 4-Way ankle stretch

- Begin seated with one leg extended and one knee bent
- With a theraband anchored behind your straight foot and tied to the involved ankle, bring your toes towards you
- Return to starting position and repeat
- Try with no resistance



### Ankle ABC's

- Start seated with your feet hanging off table/bed
- Imagine your big toe is the tip of a pen. Begin to trace the letters of the alphabet, as large and as slowly as you can



### Seated Calf Stretch with Belt

- Begin seated with one leg bent and the other straight
- Place a strap around the foot of the straight leg
- Pull gently until you feel a stretch, and repeat



If you are having foot or ankle pain, try these exercises and talk to your doctor. For any help/questions you may have please call our joint/muscle advisory team at 1-877-636-1436. Our team is ready to hear from you.