Free guide

Feet and Ankle

LIVE BETTER. MAKE LIFE MATTER.

Seated ankle and foot movements, plus one supported heel raise you can skip.

Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. Do the routine seated unless the last part feels steady. Skip anything that hurts a foot or ankle.

These guides are not treatment.

Time

About 10 minutes. The standing part is optional.

Rest whenever you want. You do not have to finish every part.

Ankle circles

Stay seated. Circle one ankle, then the other.

How much: 8 each way, each foot.

An easier way: Do 4 small circles.

Toe raises

Stay seated. Lift the toes and keep the heels down, then lower the toes.

How much: 8 times.

An easier way: Do 4 smaller lifts.

Seated heel raises

Stay seated. Lift the heels and keep the toes down, then lower the heels.

How much: 8 times.

An easier way: Do 4 smaller lifts.

Point and flex

Stay seated. Point one foot gently, then flex it.

How much: 6 each foot.

An easier way: Use a smaller range.

Supported standing heel raise

Only if you feel steady. Hold a stable chair. Lift the heels a little, then lower them.

How much: 4 raises.

An easier way: Skip this and stay seated.

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https://www.lifezoi.com/academy/move/resources/guides/feet-and-ankle

Sources linked, not copied

Ankle Stretch for Older Adults (National Institute on Aging on YouTube)

https://www.youtube.com/watch?v=87BeiyTFZyU

Three Types of Exercise Can Improve Your Health and Physical Ability (National Institute on Aging)

https://www.nia.nih.gov/health/exercise-and-physical-activity/three-types-exercise-can-improve-your-health-and-physical

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.