

ANKLES AND TOES

Objectives : To mobilise the joints of the ankles and the joints of the toes of the feet, and to strengthen the muscles of the legs and the feet.

How to carry out the exercises : One must take care to see that the movements of the feet are not made difficult by the clothes. In the beginning, the exercises shall be performed only in sitting position, following which, the exercises of the position of the feet shall be added. One must make both the feet work together.

Exercises A : Seated upon a bed or the floor



Exercises 1

Starting Position : Seated with legs stretched out in front.

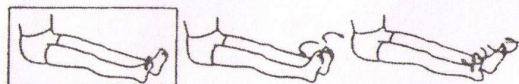
Method : Pull the toes inwards towards the body, then bend them down to the maximum extent possible.



Exercises 2

Starting Position : Seated with legs stretched out in front.

Method : Pull the toes of both feet in first towards the body, then turn them inwards towards each other and then outwards without moving the legs.



Exercises 3

Starting Position : Seated with legs stretched out in front.

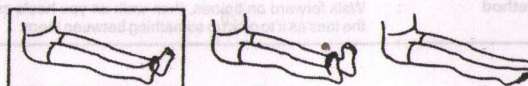
Method : Without moving the legs, make a circular movement with the feet, in both directions.



Exercises 4

Starting Position : Seated with legs stretched out in front.

Method : Bend and stretch the toes without moving the feet.



Exercises 5

Starting Position : Seated with legs stretched out in front.

Method : With the feet bent towards the body, curl the toes then stretch the toes and relax the position of the feet.

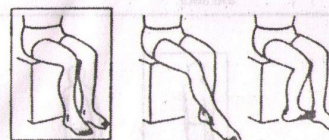
Exercises B : Seated upon a chair



Exercises 1

Starting Position : Sitting on a chair, with feet on the floor with a hand's breadth of space between them.

Method : Keeping the tip of the right foot on the floor, raise the heel to the maximum height possible. Repeat the exercise using both feet simultaneously or alternately.

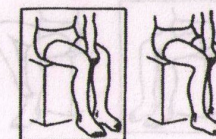


Exercises 2

Starting Position : Sitting on a stool, feet down and a hand's breadth of space between them.

Method :
i) Touch the floor with the toes of the right foot, approximately 40 cms. ahead of the left foot.
ii) Take the foot backwards and rest upon the heel.

After some repetitions make the same movement with the other foot.
(Alternatively - touch the floor with the heel, approximately 40 cms. ahead of the left foot, and then move the foot backwards, touching the floor with the toes of the foot).



Exercises 3

Starting Position : Sitting on a stool feet down and a hand's breadth of space between them, the fist caught between the knees.

Method : Bring the feet together inwards so that the big toes touch one another, without displacing the heels. Revert to starting position.



Exercises 4

Starting Position : Sitting on a stool, feet down and a hand's breadth of space between them, the fist caught between the knees.

Method : Bend the toes as if trying to pick up something between them. Try and bring the heel and the toes together without taking the sole off the floor.



Exercises 5

Starting Position : Sitting on a stool, feet down and a hand's breadth of space between them, the fist caught between the knees.

Method : Slide the foot forward, bend the toes towards the heel. Then stretch the toes without moving the heel. Repeat several times.



Exercises 6

Starting Position : Sitting on a stool, feet down and a hand's breadth of space between them.

Method : Pick up some object with your toes (a sock, a handkerchief etc.).

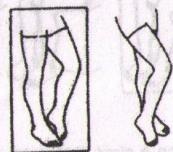


Exercises 7

Starting Position : Sitting upon a stool, feet down, with a slight distance from each other.

Method : Run the big toe of the left foot over the tibia of the right leg, from top to bottom and then from bottom to top. Repeat the same exercise with the other leg.

Exercises C : Standing



Exercises 1

Starting Position : Standing with both feet together. The weight of the body resting upon the right leg and the left foot on tiptoes.

Method : Shifting the weight of the body on the left foot, stand on tiptoes on the right foot and do this in a continuous movement alternating between the left and the right feet.



Exercises 2

Starting Position : Standing with both feet together.

Method : Stand on tiptoes on both feet, then lower the heels to the floor, bend both knees slightly with both feet firmly on the floor.



Exercises 3

Starting Position : Standing with both feet together.

Method : Raise both toes off the floor, standing on the heels and then raise yourself on tiptoes. Revert to starting position and then repeat several times.



Exercises 4

Starting Position : Standing with both feet together.

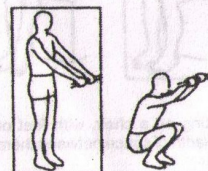
Method : Walk forward on tiptoes, then walk on you heels curling the toes as if to pick up something between them.



Exercises 5

Starting Position : Standing with one foot ahead and the other at the back on tiptoes, putting the body weight upon the foot in front.

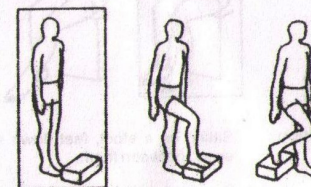
Method : Bend the front leg forwards slightly bringing down the heel of the back leg, and turning it outwards. Repeat the exercise by inverting the position of the leg.



Exercises 6

Starting Position : Standing, feet slightly apart, holding on to a fixed point i.e. a table or window frame.

Method : Bend the legs at the knees without lifting the heels from the floor.



Exercises 7

(Practical exercise for climbing up and down the stairs)

Starting Position : Standing before a low foot-stool.

Method : Climb up on the stool with the affected leg forward then step down on the other side by putting down the healthy leg. Repeat the exercise in the inverse direction.