

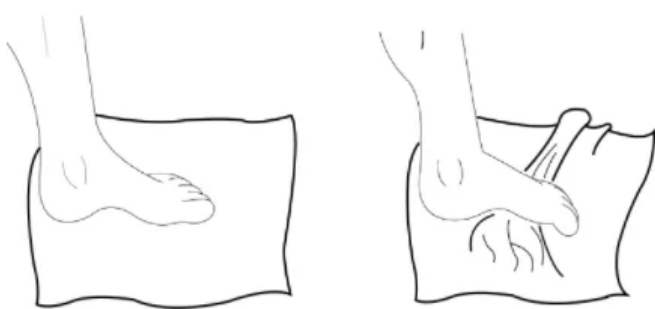
Strengthening & Stretching The Ankle & Foot



1

Heel raises

Holding onto a wall or the back of a chair, lift your heels off the floor until you feel a strong tightening in your calf. Keep your toes on the floor and your knees straight. Hold for 5 seconds.



2

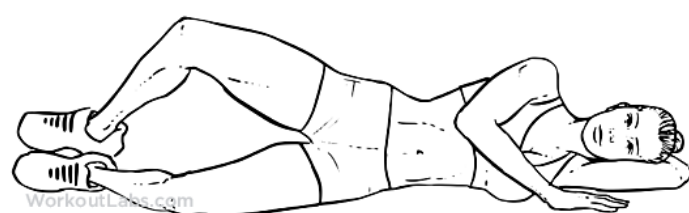
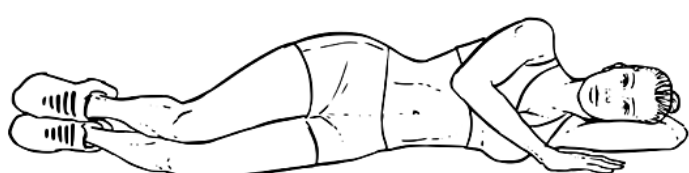
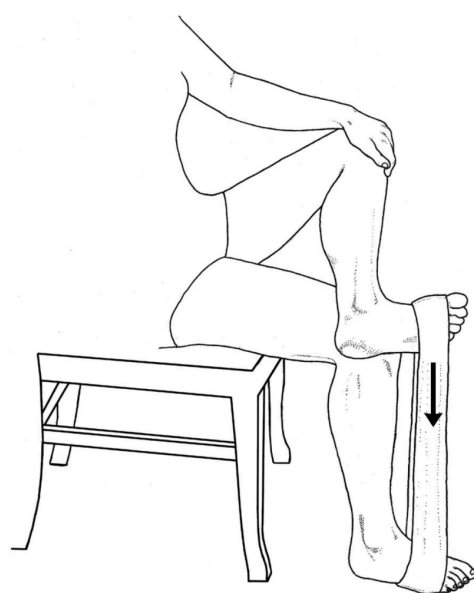
Towel scrunches

Sit comfortably and place a towel under the front half of your affected foot. Keep your heel on the ground and use your toes to scrunch up the towel. Once you reach the end, reset and repeat 10-12 times.

3

Tibialis posterior exercise

Sit comfortably and place your affected foot over your opposite knee. Wrap an elastic band around both forefeet so it pulls your affected foot downward. Press your affected forefoot upwards towards the ceiling, keeping your heel on your knee.



4

Clamshells (helps with compensation)

Lie on your side with knees bent. In a controlled motion, bring the top knee toward the ceiling, keeping feet together, hold 3 seconds. Repeat both sides.

5

Rolling foot on spike ball

Roll back and forth, targeting the tight stubborn areas of your foot.

- Releases tight foot muscles
- Improves proprioception
- Encourages arch activation



Orthotics may also help with ankle and foot issues.

Exercises help strengthen supporting muscles, maintain range of motion, improve circulation to the affected area, and reduce pain and stiffness.

Perform exercises and stretches as directed by your chiropractor, staying within your comfort level. If you experience severe pain, stop immediately and consult your chiropractor with any concerns.