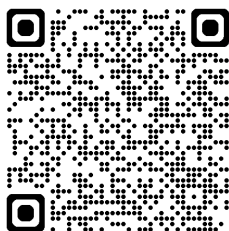


Foot and Ankle Exercises



Home Exercise Regime Strengthen and Stretch

Telephone: 0300 125 6800 (Yate MIU) | 01275 546852 (North Somerset MIU) | 0300 124 6260 (Bristol MIU)



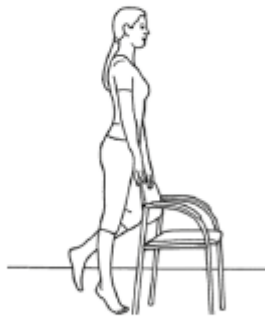
Scan the QR code to view the MIU page on the Sirona care and health website.

Try these exercises at least three times a week.
Expect to feel a gentle stretching sensation whilst doing these exercises. Don't let this put you off. It is just a sign that your muscles are working.



1. Tip-Toe Tense Stand behind a chair.

Raise yourself up to stand tall on your tip-toes.
Hold for 5 seconds and then relax.
Use the back of the chair for support if needed.
Repeat 10-15 times with both legs.



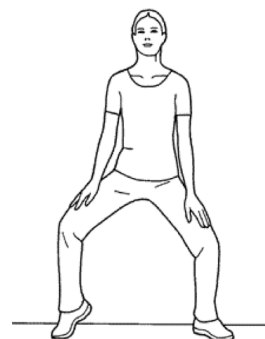
2. Flamingo Tip -Toe Tense

Stand on one leg. Repeat the Tip-Toe Tense above. Use the back of the chair for support.
Repeat 5 times with both legs.



3. Toe Grip Challenge

Sit in a chair and use your toes to pick up small objects such as marbles.
Place the objects, one by one, into a container using your toes.



4. Standing Heel Raise

Stand with your feet wide apart and knees bent.
Put your hands on your knees or on your waist.
Lift one heel off the floor.
Put it down again. Repeat 10 times with each foot.



5. Ankle Rotations

Move your ankle around slowly in a large circle.

Repeat in the opposite direction.

Repeat this 10 times with both feet.



6. Ankle Pull

Sit on a chair. Cross one ankle over the other knee.

Place your hand on the top of your foot and stretch your ankle by gently pulling your toes down.

Hold for 20 seconds.

Feel the stretch in your shin. Repeat 3 times with both feet.



7. Toe Pull

Raise one leg in front of you.

Pull your toes towards you as far as possible.

Hold for 4 seconds.

Repeat with the other leg.



8. Ankle Stretch

If you can, lift your foot from the floor.

Pull your toes up toward you.

Now point your toes down towards the floor.

Repeat 10 times with both ankles.

Contact us

If you have any concerns or queries regarding your foot and/or ankle, please get in touch.

- Bristol Urgent Treatment Centre, Minor injuries and illnesses
Open 8am-8pm, 7 days a week. T: 0300 124 6260
- Yate Minor Injury Unit
Open 8am-8pm, 7 days a week. T: 0300 125 6800
- Clevedon Minor Injury Unit
Open 8am-8pm, 7 days a week. T: 01275 546852

**We want you and the people who help you to understand what we send.
If you need help with this letter or leaflet, please tell us.**

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language. Please contact this service.



You can phone us on 0300 125 6800 (Yate MIU) | 01275 546852 (North Somerset MIU) | 0300 124 6260 (Bristol MIU)

Please scan the QR code to listen to an audio version of this statement.

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