

# FFL Healthy Foot/Ankle



Strengthening exercises for the foot and ankle can provide stability and improve your overall foot and ankle health. Use these exercises as part of a larger fitness routine in combination with other body parts. For assistance in creating your routine, reach out to an athletic trainer or health coach.

## General recommendations

- Begin a strengthening program as tolerated.
- Tighten or engage core muscles while completing activities.
- Perform activities slowly and with control to feel each muscle group working.
- Increase repetitions and weight as strength improves and is tolerated.

### Heel Raises



- Stand up tall with your hands on a chair, or another sturdy object, for balance.
- In a controlled manner, raise up onto your toes without bending the knees.
- Slowly lower back to the starting position.

### Toe Raise



- Stand up tall with your hands on a chair, or another sturdy object, for balance.
- Lift your toes up so that you are standing on your heels.
- Return to the starting position.

### Resisted Ankle Eversion



- Sit with your legs straight. Place the involved foot in the loop of the elastic band.
- Wrap the band around the uninvolved foot.
- Keep the uninvolved foot stable and pull the involved foot towards the outside.
- Slowly return to the starting position.

### Ankle Inversion



- Sit with your involved leg crossed over the uninvolved leg.
- Place the involved foot in the loop of the elastic band.
- Wrap the band around the uninvolved foot.
- Keep the uninvolved foot stable and pull the involved foot towards the outside.
- Slowly return to the starting position.

### Single Leg Stance



- Stand straight with your feet close together and lift one leg off of the floor.
- Hold for the recommended time, as tolerated to improve balance.
- Lower your leg and lift the opposite leg.

### Side Lunges



- Start by standing tall with your feet close together.
- Take a step to your left, keeping your trunk vertical throughout the exercise.
- Allow your left knee to bend.
- As weight shifts to your left leg, allow your body to lower slowly.
- Keep your left knee in line with your toes.
- Push back up to the starting position.

# FFL Healthy Foot/Ankle



## Forward Lunge



- Start by standing tall with your feet close together.
- Take a step forward keeping your trunk vertical throughout the exercise.
- Allow both knees to bend.
- As weight shifts to your front leg, allow your body to lower slowly to the ground, keeping your knees in line with your toes.
- Push back up to the starting position.

## Squat



- Stand with your feet slightly more than shoulder-width apart.
- Bring your arms out in front as you lower your hips backwards.
- Keep your back straight and knees over your toes.
- Let your hips slowly lower to a comfortable depth, then return to the starting position.

*I understand and acknowledge that I should seek the advice of a physician before beginning any physical exercise regimen, routine, or program, including participating in the activities depicted in this handout. I further understand and acknowledge that, as with any exercise program or other activity, if at any point during my activity I begin to feel faint, dizzy or have physical discomfort, I should stop immediately.*

Please contact the Fit for Life team at 442-3145 or email [BIWfitforlife@gdbiw.com](mailto:BIWfitforlife@gdbiw.com).

**GENERAL DYNAMICS**  
Bath Iron Works