

# Ankle Arthritis Exercises

## Understanding ankle arthritis

Ankle arthritis occurs when the cartilage in the ankle joint wears down, leading to pain, stiffness, and reduced mobility. Regular exercise can help manage these symptoms by enhancing flexibility, strength, and stability.

## 5 effective Ankle Arthritis Exercises

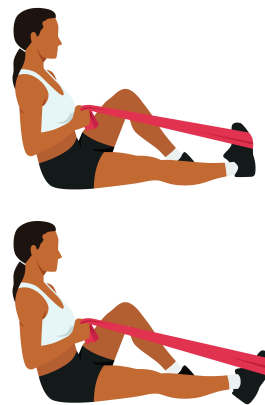
These exercises have been sourced and adapted from reputable organizations, ensuring their efficacy in managing ankle arthritis. Always consult your healthcare provider before starting a new exercise routine.

### Achilles tendon and plantar fascia stretch

**Purpose:** Improve flexibility and reduce tension in the Achilles tendon and plantar fascia.

#### Instructions:

1. Sit on the floor with your legs extended.
2. Loop a towel around the ball of your foot.
3. Gently pull your toes toward your body while keeping your knee straight.
4. Hold for \_\_\_\_\_ seconds and repeat \_\_\_\_\_ times on each foot.



### Ankle pumps

**Purpose:** Enhance ankle joint mobility and blood flow.

#### Instructions:

1. Sit on a chair and lift your foot slightly off the ground.
2. Point your toes away from your ankle and hold for \_\_\_\_\_ seconds.
3. Pull your toes toward your ankle and hold for another \_\_\_\_\_ seconds.
4. Repeat for \_\_\_\_\_ repetitions per foot.

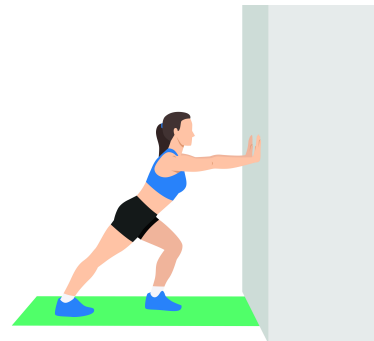


## Calf stretch

**Purpose:** Stretch the calf muscles to support ankle stability and flexibility.

### Instructions:

1. Stand near a stable object for support.
2. Step back with one foot, keeping the leg straight and the heel on the ground.
3. Bend the opposite knee slightly and lean forward gently.
4. Hold for \_\_\_\_\_ seconds and repeat several times on each leg.

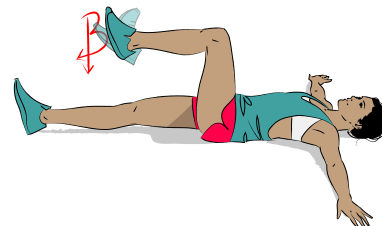


## Writing the ABCs

**Purpose:** Improve ankle flexibility, strength, blood flow, and coordination.

### Instructions:

1. Sit on a chair or lie down.
2. Raise one foot off the floor.
3. Write each letter of the alphabet using your big toe by moving your foot at the ankle.
4. Repeat with the other foot.



## Marble pickup

**Purpose:** Strengthen foot muscles and improve coordination.

### Instructions:

1. Sit or stand up with some marbles at your feet. You can leave the marbles on the floor or keep them in a bowl.
2. Prepare another empty bowl.
3. Use your toes to pick up a marble and transfer it to the empty bowl.
4. Continue until all marbles are transferred, then reverse the process.
5. Repeat with both feet.



## Additional notes

### References:

Arthritis Foundation. (2024). *Feet and ankle movements*. <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/your-exercise-solution/lower-body-movements/feet-and-ankle-movements>

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