

Midfoot Arthritis Exercises

While there are no clear studies that explicitly mention specific exercises that assist in treating midfoot arthritis symptoms or alleviate its symptoms, a study by Azeez et al. (2020) demonstrates that exercise has a notable positive impact on patients with rheumatoid arthritis. The American College of Rheumatology (n.d.) recommends that all people, regardless of the form of arthritis they are experiencing, start with low-intensity exercises. People with arthritis who exercise regularly experience less pain and are able to function better.

Below are some exercises endorsed by CreakyJoints (Dumain, 2020), an online community of arthritis patients and caregivers. These exercises generally target structures around the midfoot (Bourne et al., 2020):

1. Toe salutes

- Sit with your feet flat on the floor.
- Lift your big toe while keeping the other four toes down.
- Hold for _____ seconds, then relax.
- Repeat by lifting the four toes while keeping the big toe down.
- Repeat with the other foot if needed.



2. Toe splaying

- While seated, spread all your toes apart as far as comfortable.
- Hold for _____ seconds
- Repeat _____ times before switching to the other foot if needed.



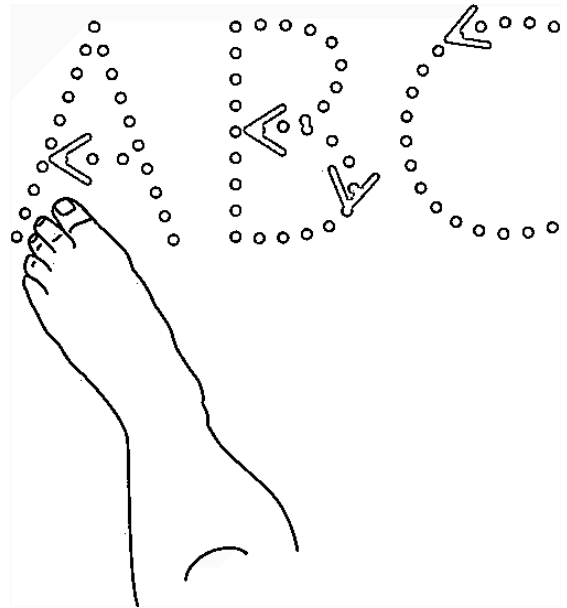
3. Towel curls

- Place a towel on the floor in front of you.
- Place your feet just on the edge of the towel.
- Use your toes to scrunch the towel toward you without lifting up your heel.
- Relax and repeat _____ times before switching to the other foot if needed.



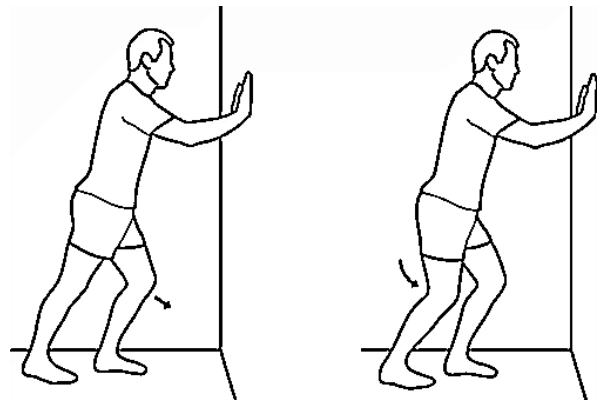
4. Ankle alphabet

- Sit with your feet off the ground.
- Use your foot to "write" each letter of the alphabet in the air, with the big toe as the writing tip and only moving your foot by the ankle at most.
- Complete the alphabet before switching to the other foot if needed.



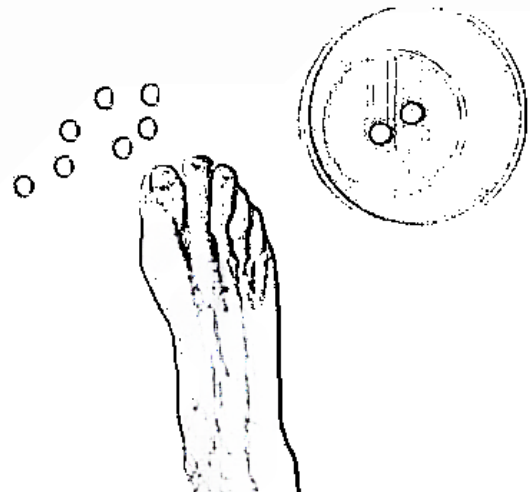
5. Calf stretch

- Stand facing a wall and place your hands against it.
- Step back with one foot while keeping your other foot flat on the ground.
- Lean into the wall to stretch the calf on the side you stepped back on.
- Hold for _____ seconds.
- Repeat _____ times before switching to the other foot if needed.



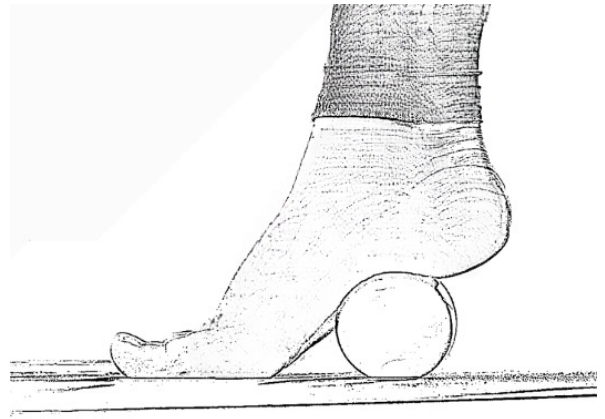
6. Marble pickup

- Place marbles on the floor.
- Use your toes to pick them up one by one and transfer them to a bowl.
- Alternatively, you can pick them one by one from a bowl and transfer them into another bowl.
- After completing, switch to the other foot if needed.



7. Ball roll

- a) Get a roller, a golf ball, a tennis ball or similar object under your foot.
- b) Sit on a chair.
- c) Move the object from your heel to toes with slight pressure to massage the bottom of your foot.
- d) Switch to the other foot if needed.



Additional notes

References:

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