

# FOOT & ANKLE STRETCHES

Our feet and ankles are the foundation of our bodies but often do not receive the care they deserve after supporting us all day. Our feet not only support our bodyweight, but with each step we take, extra pressure is added to our feet. This extra pressure equates to about 1.5 times our body weight when walking and up to 3-4 times our bodyweight when running. The ankle joint is one of the most important joints in our body when it comes to maintaining our balance. It also contains the strongest tendon in the body, the Achilles tendon!

Try these stretches to better support your feet and ankles. **Stop if you feel any pain while performing these stretches. If you have a history of foot surgery or injury, discuss with your doctor before attempting these exercises.**

## Arch Massage



## Plantar Fascia Stretch



## Ankle Circles



## Calf stretch



## Toe Curl

