

Strong Feet & Ankles for Better Stability™

Build strength, mobility and control from the ground up with a few simple movements.



Your feet and ankles help you adjust to the ground, control each step and steady your body.
Practice near a sturdy counter or wall.



Your Foot & Ankle Practice



1 Toe Lifts

Keep your heels down. Lift your toes, then lower slowly.



Practice:
8 to 12 repetitions



2 Heel Raises

Hold support. Rise onto the balls of your feet, then lower with control.



Practice:
8 to 12 repetitions



3 Toe Press & Spread

Press all toes into the floor, then gently spread them without gripping.



Practice:
5 slow repetitions



4 Ankle Circles

Seated or standing with support, lift one foot and circle the ankle slowly.



Practice:
5 circles each way, per side



5 Side-to-Side Weight Shift

Shift your weight toward one foot, return to center, then move to the other side.



Practice:
6 to 10 times per side



6 Heel-to-Toe Rock

With support, rock gently from your heels toward the balls of your feet.



Practice:
8 to 10 slow repetitions



Move With Control



Stand tall
Keep your ribs over your hips.



Use support
Light hands are enough if you feel steady.



Keep three points grounded
Base of the big toe, base of the little toe and heel.



Breathe normally
Avoid holding your breath.



Choose Your Level



Seated
Begin here if standing feels unsteady or painful.



Standing With Support
Use a counter, wall or sturdy chair.



Less Support
Progress only when you can stay controlled.

Change one variable at a time: repetitions, range, speed or support.



Support Your Feet Every Day



Wear shoes
that fit securely and leave room for your toes.



Break up long periods of sitting with a short walk or ankle movements.



Notice worn soles, new pressure points, blisters or skin changes.



Increase walking or exercise gradually.



Today I practiced: _____ | Level: Seated / Supported / Less support | My feet and ankles felt: Comfortable / Tired / Unsteady / Painful



A Signal to Modify

- Mild muscle fatigue
- Cramping that eases when you pause
- Form beginning to change
- Difficulty keeping the foot grounded

Seek prompt medical care after an injury if you cannot bear weight, the joint looks deformed or swelling is severe.



Stop and Seek Guidance

- Sharp or increasing pain
- New swelling, redness or warmth
- New numbness, burning or weakness
- A foot or ankle that gives way
- Difficulty bearing weight



Gentle Reminder

Small, controlled movements count. Your goal is steady practice, not forcing a larger range.



Martine's Midlife Wellness Tip

Place this practice beside something you already do, such as making coffee or brushing your teeth.



When to Ask for Guidance

A physical therapist or podiatrist can help with persistent pain, numbness, repeated ankle rolling or changes in walking.

