

# Ankle & Foot Exercises for Seniors (Free Printable Chart)

Seated • A sturdy chair and a small towel

Check with your doctor before starting a new exercise routine. Move slowly and stop any exercise that causes pain.

---

## 1. Seated Ankle Circles

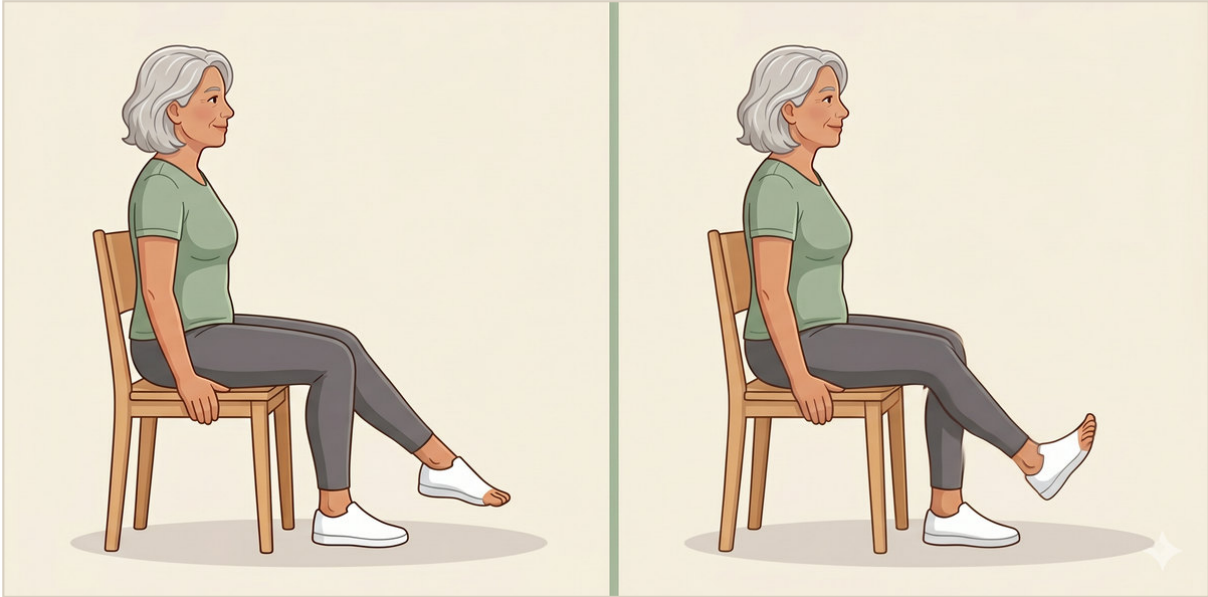


1. Sit tall and lift one foot slightly off the floor.
2. Draw slow circles with your toes, one way then the other.
3. Lower the foot and repeat with the other.

**Aim for: 8 circles each way, each foot • 1 set**

---

## 2. Ankle Flex and Point



1. Sit tall and extend one leg out in front.
2. Point the foot away from you, then pull the toes back up toward the shin.
3. Repeat smoothly, then switch feet.

**Aim for: 12 reps each foot • 2 sets**

---

### 3. Seated Toe Curls



1. Sit tall with bare feet flat on the floor.
2. Curl your toes under toward the sole of your foot.
3. Hold for two seconds, then spread the toes wide and relax.

**Aim for: 10 reps each foot • 2 sets**

---

## 4. Towel Scrunch



1. Sit tall and lay a small towel flat under one bare foot.
2. Scrunch the towel toward you using only your toes.
3. Smooth it back out and repeat, then switch feet.

**Aim for: 10 scrunches each foot • 2 sets**

---

## 5. Seated Arch Lifts



1. Sit tall with both feet flat on the floor.
2. Press the ball of your foot and heel down and dome the arch upward.
3. Hold for two seconds, relax, and repeat.

**Aim for: 10 reps each foot • 2 sets**

---

## 6. Seated Toe and Heel Raises



1. Sit tall with feet flat on the floor.
2. Lift your toes up, keeping heels down. Lower them.
3. Now lift your heels, keeping toes down. Lower them.

**Aim for: 12 reps of each • 2 sets**

---

## 7. Calf Raises



1. Stand tall behind a chair, hands resting on the back.
2. Rise up onto the balls of both feet.
3. Lower your heels slowly back to the floor.

**Aim for: 10-12 reps • 2 sets**