

## Towel curls

1. Sit comfortably in a chair with both feet on the ground.

Smooth a small towel out and place one foot on it, with the other foot to the side of the towel.

Sit with your heels under your knees, with the toes pointing forward. Keep your heel on the ground.

2. Leaving your heel where it is, pull the towel toward your heel by scooping it in with your toes and arch. This will form a deep dome under the arch.
3. You will only get a little bit of the towel to move each time. Aim for 30cm each set. Repeat using the other foot. This is 1 set.



### **How much do I do?**

Do 5 sets with each foot.

## Toe raises

Sit comfortably in a chair with both feet on the ground.

Lift the front of both your feet as high off the ground as you can, keeping your heels on the floor.

Hold for 10 seconds - this is 1 set.



### **How much do I do?**

- Start with 3 sets holding for 10 seconds each time.
- If you can repeat 3 sets without difficulty or muscle soreness the next day, increase the sets to 4.
- Increase the number of sets until you reach 10.
- It does not matter if you do not reach 10 sets.

Acknowledgement and thanks to Martin Spink, PhD, University of Newcastle for his consultation on the resource. The producers accept no responsibility with respect to any liability, loss or injury from the exercises.

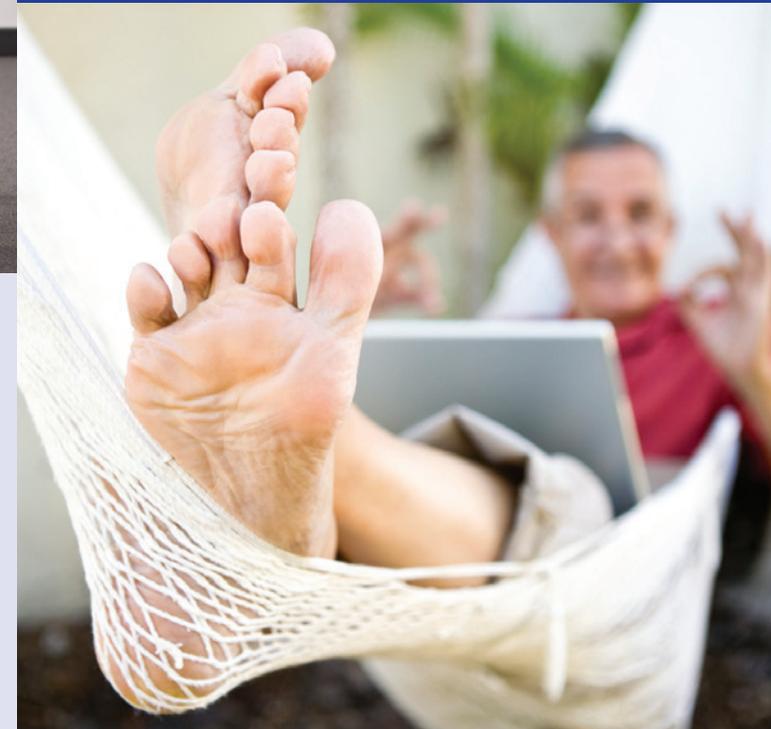
Falls are Preventable  
Central Coast Health Promotion Service  
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# Prevent Falls with Stronger Feet



**Health**  
Central Coast  
Local Health District

Foot care is important for everyone, as our feet enable us to walk, shop, drive, do housework, lead an active lifestyle and much more. The importance of keeping the feet healthy through exercise is a great way to help prevent falls.

## Safety Tips

- Stop the exercises immediately if you feel pain.
- Avoid jerky or bouncing movements.
- Aim for a comfortable, gentle stretch - you should not feel pain during movement and should not experience increased stiffness/muscle soreness the following day.
- Check with your doctor before commencing any exercises.

To obtain maximum benefits the exercises should be done in bare feet.

The following exercises help increase the strength, range of motion and flexibility of the ankle and feet. These exercises can be done daily.

## Ankle circles

Sit comfortably in a chair with both feet on the ground.

### Clockwise Circling Exercise

1. Lift one foot off the ground.
2. Slowly rotate the foot and ankle in a clockwise direction, making as large a circle as possible. Complete 10 circles. Keep your knee and hip still. Place foot down to rest.
3. Lift the other foot off the ground, and repeat the action.

### Anti-Clockwise Circling Exercise

Repeat each of the steps above but in an anti-clockwise direction. This is 1 set.



### How much do I do?

Do 1 set of 10 circles in each direction on each foot.

## Double heel raises

1. While standing, place finger tips on something solid e.g. the kitchen bench or place your hands on a wall to help balance.
2. Slowly rise up onto your toes on both feet. Rise as high as you can. Use your legs to push up - the hands are only to help balance.
3. Lower yourself back to the ground.



### How much do I do?

10 heel raises is 1 set.

Complete 3 sets with 30 seconds rest in between each set.

Once you can do 3 sets without difficulty or soreness, including the following day, increase the number of heel raises by 2. (i.e do 12 raises per set). Continue increasing the number of heel raises by 2, until you reach 50. Remember to build up slowly over weeks or months.

- 12 heel raises, 30 second rest x 3 sets
- 14 heel raises, 30 second rest x 3 sets
- 16 heel raises, 30 second rest x 3 sets.