

# Foot Exercises for Better Balance & Support

(Aerin Alexander, Ron Jones, & Cara Tubbs)

CSU, Northridge Kinesiology Graduate Program



## 1. Ankle Circles

Sit on a carpeted floor with your legs long in front of you. Rest your back on a wall. Circle both feet outwards and then inwards slowly. *Do 20 repetitions on each direction.*

- Variation (Photo Below): Sit in a chair with bare feet. Hold feet slightly off the ground and slowly circle your ankles to the right and then to the left.



## 2. Towel Curls

Stand upright. Place a towel under bare foot. Slowly bunch up towel as you curl toes. *Do 2 sets of 10 repetitions.*



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## 3. Windshield Wipers

Sit comfortably with both feet flat on floor. Drag toes in and out keeping heels in place. Do 2 sets of 20 repetitions.



## 4. Seated Heel and Toe Raises

Sit with foot flat on floor. Raise the heel keeping the ball of foot in place. Then raise the toes keeping heel on floor. Do 2 sets of 10 repetitions.



## 5. Pronation-Supination

Stand or sit. Pick arches up and out then roll arches down. Try not to move your knees. Do 2 sets of 10 repetitions.



\* Ron Jones (9.3.07)