acupuncture · wellness

Ankle Home Exercises

9 essential exercises to help prevent ankle pain

AN-Phase1

Build ankle flexibility and strength, ease discomfort, and support steady walking and activity.

Precautions

- Exercise only within a range that is not very painful.
- Move slowly and gently.
- Stop right away if your ankle starts to hurt.

How often

- Do each exercise 10 times, 2 sets (or as shown on each card).
- Do the routine 1–2 times a day, every day.



1 Ankle Circles

1. Sit with your legs straight out in front of you.
2. Slowly circle your ankle (both clockwise and counterclockwise).

10 reps each way · 2 sets



2 Toes Toward You

1. Sit with your legs straight out.
2. Pull your toes back toward your body.
3. Hold 5 seconds, then slowly relax.

10 reps · 2 sets



3 Point Your Toes

1. Sit with your legs straight out.
2. Point your toes forward, away from you.
3. Hold 5 seconds, then slowly relax.

10 reps · 2 sets



4 Ankle Turn-In

1. Sit with your legs straight out.
2. Tilt the sole of your foot inward.
3. Hold 5 seconds, then slowly relax.

10 reps · 2 sets



5 Ankle Turn-Out

1. Sit with your legs straight out.
2. Tilt the sole of your foot outward.
3. Hold 5 seconds, then slowly relax.

10 reps · 2 sets



6 Toe Pull Stretch

1. Hold your toes with your hand.
2. Pull your toes back toward your body.
3. Hold 5 seconds, then slowly relax.

10 reps · 2 sets



7 Toe Spread

1. Spread your toes as wide as you can.
2. Hold 5 seconds, then slowly relax.

10 reps · 2 sets



8 Towel Calf Stretch

1. Loop a towel around the ball of your foot and hold it with both hands.
2. Pull the towel so your toes come toward you.
3. Hold 15–30 seconds.

1 rep each side · 2 sets



9 Calf Raises

1. Hold onto a chair and rise up onto your toes.
2. Slowly lower back down.

10 reps · 2 sets

Get medical care right away if you notice:

- You can't put weight on the foot after an injury, or there is a lot of swelling or bruising
- Pain, swelling, and warmth in one calf
- Numbness, coldness, or color change in the foot or toes
- A red, hot, swollen ankle, or fever

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: AAOS OrthoInfo – Foot and Ankle Conditioning Program. These organizations have not reviewed or endorsed this material. Illustrations created with AI.