

Feet & Lower Leg Exercises



Jeddie Russell, RN, BScN, MAdEd

www.walkonfootcare.com

walkon53@gmail.com

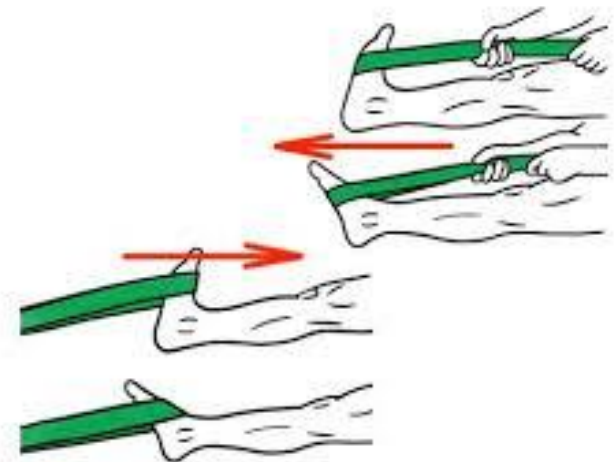
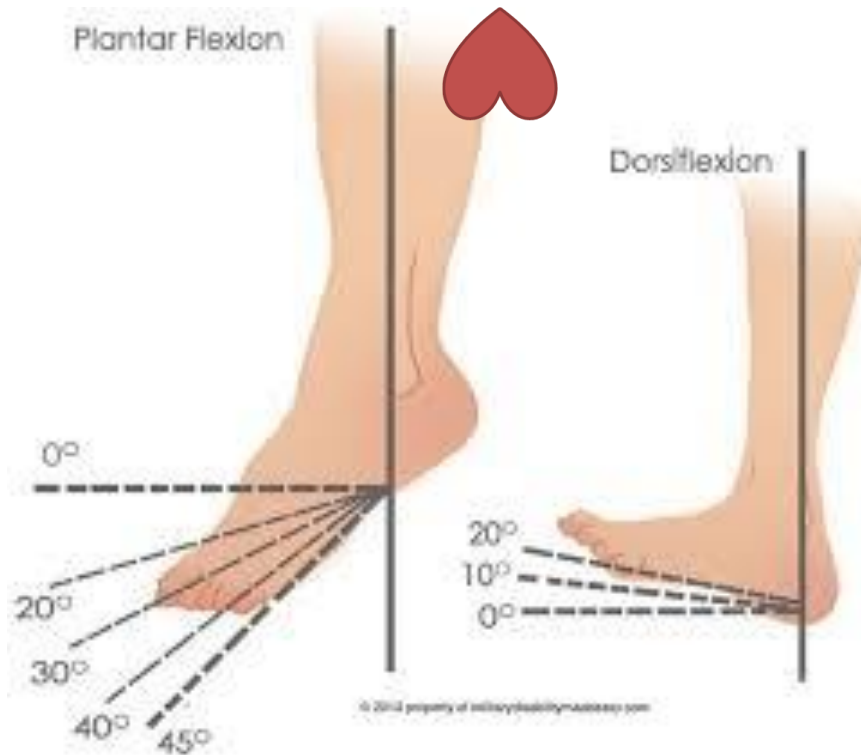
867-689-7191





Ankle Range of Motion

A functional foot needs an ankle that is strong, flexible and rotates.





Pump your second heart?

The soleus muscle, deep in the back of your lower legs lies next to the tibia and fibula lower leg bones is often called our second heart because this long lower leg muscle helps to propel venous blood and lymph back to the heart from lower limbs.

WALKING is the Best way to pump

♥ both ♥

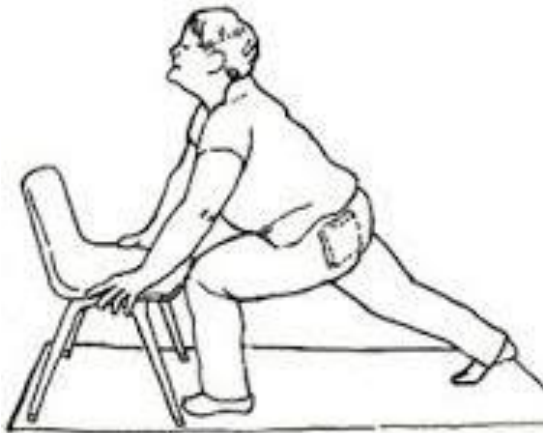




Soleus Stretch (2nd Stretch)

(isolates, stretches, strengthens and lengthens)

1. Stand in front of chair and holding onto seat of chair take a step back
2. Bend both knees slightly and Stay in position by trying to keep heels on the ground with the rear leg bending more.
3. Hold 3-4 slow breaths
4. Repeat other side





Pump your 2nd



Bent Knee Calf Raises

1. Standing: Hold onto back of chair & Stand with feet hip distance apart. Sitting place feet on large cans or rocker.
2. Bend Knees slightly and raise back of feet (ankles) off of the ground (Plantar flex ankle at least 45°) to tippy toe
3. Lower feet to ground
4. Repeat

Juicy Squats

- Every joint in our body has synovial fluid in it.
- This is the oil in our body that provides nutrition to the cartilage
- Two things are required to produce that fluid:
 - movement and
 - compression.

If a joint doesn't go through its full range—if the hips and knees never go past 90 degrees—the body says 'I'm not being used' and starts to degenerate and stops the production of synovial fluid.

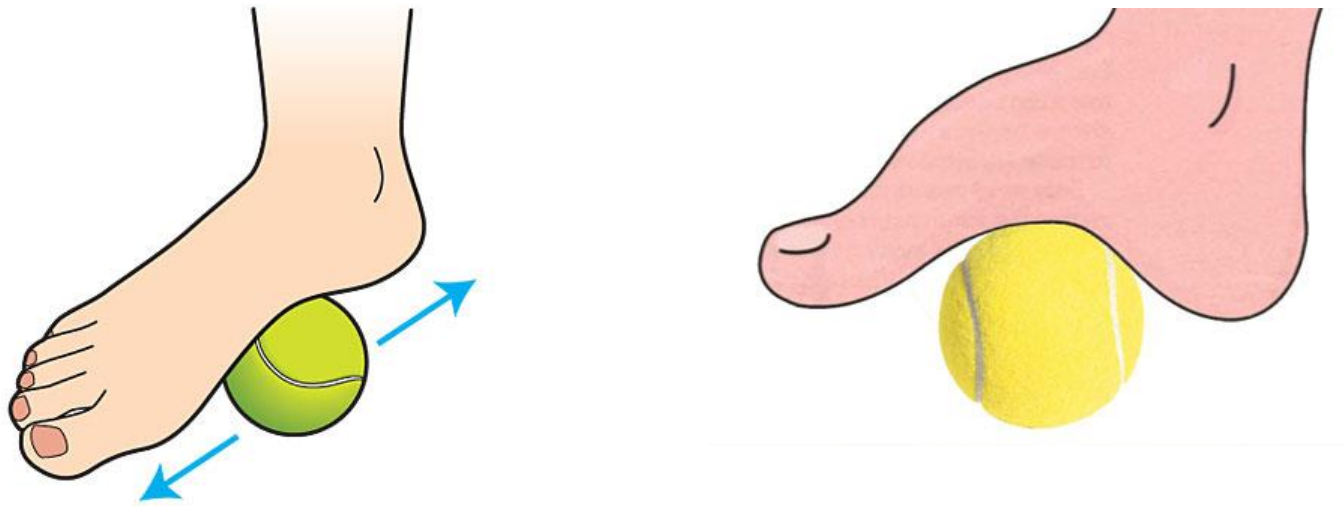


Dr. Bahram Jam, a physical therapist and founder of the Advanced Physical Therapy Education Institute (APTEI) in Ontario, Canada.

For **Juicy Joints**, Move & Compress

The earth delights to connect your bare feet

Chronic muscle tension can really alter your posture over time, affect fat and cellulite distribution, movement, stamina, flexibility, and overall aging.



Lean into one spot, then move the ball a half inch to an inch, then work through there, then do it again, and again until the tightness feels relieved. Keep breathing, exhaling slowly to send oxygen to the muscles, and take your time.

BENEFITS OF STAYING HYDRATED

Pain
Reduction

