

Foot arch exercises

Flat foot and inner arch pain



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Short foot arch lift



Foot flat on the floor. Draw the ball of the foot towards the heel to lift the arch, without curling the toes.

10 times

2 times a day

✓ **Should feel**

The arch of the foot working

✗ **Should not feel**

Toes curling, or cramp in the sole



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Monday to Saturday · Sunday by prior appointment only

2

Turning the sole inward



Band round the forefoot, anchored out to the side. Turn the sole inward against the band, keeping the knee still.

15 times

2 times a day

✓ Should feel

The muscle along the inner ankle working

✗ Should not feel

Sharp pain behind the inner ankle bone



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3

Calf raises



Rise on both toes, progress to one.

15 times

Daily

✓ **Should feel**
The calf working

✗ **Should not feel**
Ankle pain



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4

Calf stretch, knee straight



Hands on a wall, back leg straight, heel down.

Hold 30 seconds

3 each side

✓ Should feel

A stretch in the upper calf

✗ Should not feel

Pain in the heel

Stop and telephone us if

- You cannot rise onto your toes on one leg
- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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