

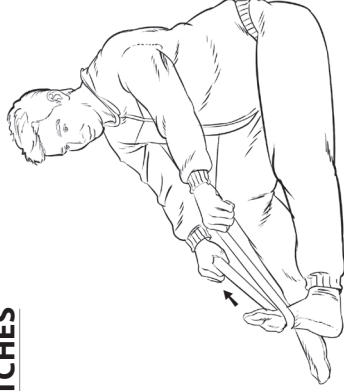
DIABETIC FOOT EXERCISES

TOE CRUNCHES



Pick up a cotton ball (or another object such as a marble) with the toes of one foot and pass it to the opposite hand.
Repeat 20 times for each foot.

CALF STRETCHES



Sit with your legs straight out. Use a towel or a belt to pull your toes towards your nose—stretching your calf muscles. Hold for a count of 3.
Repeat 20 times.

STANDING HEEL RAISE

Rise up on the balls of both feet, hold for 2 seconds and then put the heels back on the ground.
Use a chair in front of you for balance if necessary

Repeat 25 times.



BALANCE EXERCISE

Stand on one leg with your eyes open for 20 seconds. Use a chair in front of you for balance if necessary.

Repeat for a total of 3 times for each leg.

If you are good at this, try doing it with your eyes shut.

