

Keeping your feet active

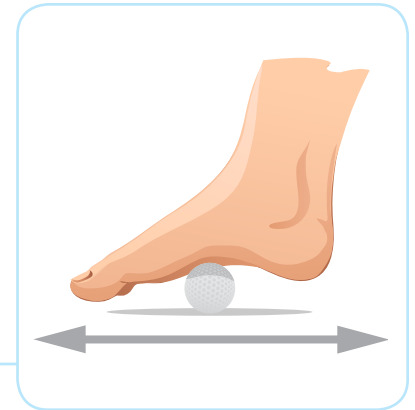
Cornerstones4Care™

People with diabetes can develop problems with their feet. Getting daily physical activity and not smoking can help prevent foot damage by improving blood flow to the feet. This page shows some activities you can do to keep your feet healthy. Before doing these activities, warm up with 5 to 10 minutes of light activity, like walking.

Golf ball roll

What you need: A golf ball and a chair

- Sit on the chair with both feet on the floor
- Roll a golf ball under the arch of your foot for 2 minutes
- Do the same with your other foot



Towel stretch

What you need: A hand towel

- Sit on the floor with both legs in front of you
- Loop a towel around the ball of your foot and hold the ends of the towel in your hands
- Pull the towel toward you
- Hold for 30 seconds. Then relax for 30 seconds. Repeat 3 times
- Do 2 sets of 10 with each foot



Calf raises

What you need: A chair for support

- Hold on to the back of a chair for balance
- Lift one foot off of the floor so that all your weight is placed on the other foot
- Raise the heel of your foot as far as you can. Repeat 10 times
- Do 2 sets of 10 with each foot

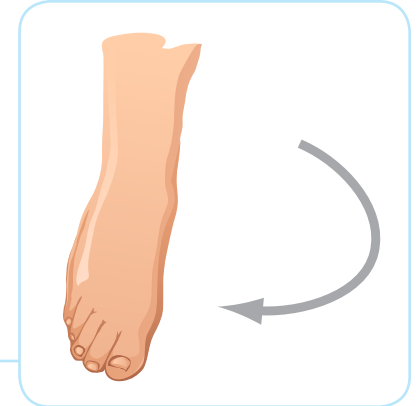


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Ankle range of motion

What you need: A chair to sit on

- Sit down so that your feet do not touch the floor
- Point your toe. Use your foot to write each letter of the alphabet in the air
- Do 2 sets with each foot



Marble pickup

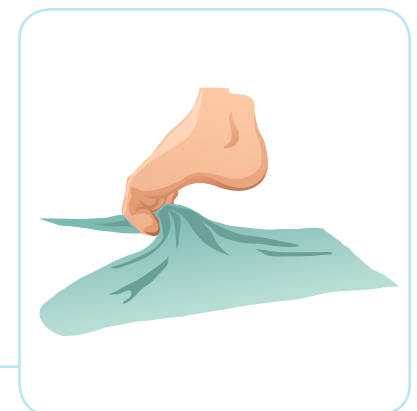
What you need: 20 marbles, a bowl, and a chair

- Sit on the chair with your feet flat and place the 20 marbles on the floor in front of you
- Use your toes to pick up 1 marble at a time and place it into the bowl. Continue until you have picked up all the marbles
- Do the same with your other foot

Towel curls

Equipment needed: A hand towel and a chair to sit on

- Sit with both feet on the floor and put the hand towel in front of you
- Grasp the center of the towel with your toes. Curl the towel toward you
- Repeat 5 times with each foot



Talk with your doctor before beginning an exercise program.

For more information, visit Cornerstones4Care.com

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