

Yoga for Healthy Feet and Ankles – White Crow Yoga

Sit in a chair:

Spread toes with fingers (pull foot up into chair or bend over to floor)

Massage feet/toes and calves

Towel Scrunches (pull towel toward you using your toes)



Pick-up Marbles using your toes – move them from the mat and put them into a bowl. See <https://heelthatpain.com/heel-pain/foot-strengthening-marbles/>

Circle Ankles – 30 ways each direction, slowly

Roll Feet (tennis ball, Melt balls, golf balls) – stay at wall for balance if client can take the intensity. Otherwise, stay seated in the chair. Cover every part of the foot – including toes, heels and everything in between. Get in the center of the foot, as well as the lateral and medial sides.

Go to the wall:

Use the Pro-Stretch at Wall. This device is very well worth the investment.

Buy it - https://www.amazon.com/ProStretch-Blue-Stretcher-Fasciitis-Tendonitis/dp/B000GAAXGK/ref=asc_df_B000GAAXGK/?tag=bingshoppinga-20&linkCode=df0&hvadid={creative}&hvpos={adposition}&hvnetw=o&hvrnd={random}&hvpone=&hvtwo=&hvqmt=e&hvdev=c&hvdvcmdl={devicemodel}&hvlocint=&hvlocphy=&hvtargid=pla-4584138858036446&psc=1

How to use it - <https://www.youtube.com/watch?v=Juk0yA9Mual>

Stretch with Half Foam Roller. Roller – flat side down. Toes up on roller (or wall). Hold. Drop midline of knee inward slightly and hold again. You can do this against the wall if you don't have the half foam roller.



Palm Tree Pose

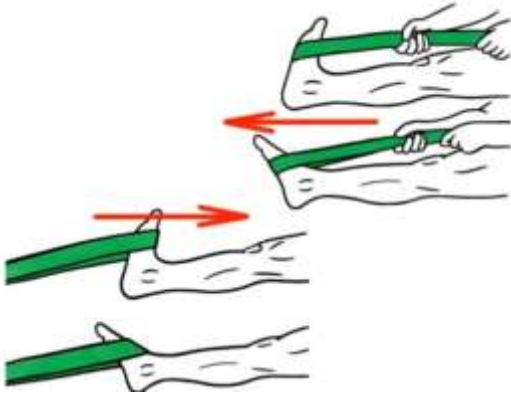


One-legged calf raises – hold onto wall or back of chair

On the Mat

Fitness Band – flex/extend, inversion/eversion

Tie band to a stable surface or hold the band for client as she pulls foot toward her shin.



MOVEMENTS OF LOWER LIMB

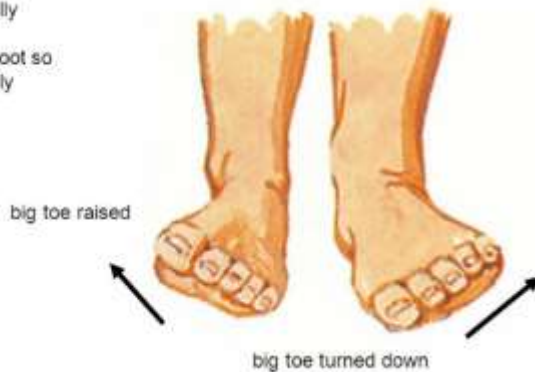
D. Inversion-Eversion -

Inversion - turn foot so sole faces medially

Eversion - turn foot so sole faces laterally

Inversion - sole faces medially

Eversion - sole faces laterally



How to do ankle eversion and inversion using a band

https://www.youtube.com/watch?time_continue=43&v=x7V2fPbaLX8

https://www.youtube.com/watch?time_continue=1&v=48njNPxPZnk

Down dog - knees straight (stretches gastroc) and knees bent while trying to press heels toward ground, but they won't go because of the knee bend – this stretches the soleus

Mountain: focus on finding neutral in the foot where they are not over-pronating or over-supinating

Lunge – Anjaneyasana – **press shoe laces** into earth

Malasana (Garland)

Toe Squat Pose

https://www.youtube.com/watch?time_continue=123&v=juEH4Ceyfuw

Vajrasana (Kneeling or Thunderbolt Pose) – sit on bolster/blocks to lessen intensity. To raise intensity, press feet into earth and lift quad off floor

Big Toe Pushdowns: Stand in neutral, push big toe down without scrunching other toes. Gently rock body back and forth using big toe as break mechanism to control your weight as it moves over the foot.

- Stand with the feet facing forward; raise the arches to create a neutral position of the feet and ankles
- Align the toes so they are straight; press the big toe down toward the floor without "scrunching" the other toes
- Begin by doing this exercise isometrically at first; then gently rock forward and backward using the big toe as a breaking mechanism to control your bodyweight as it moves over the foot

Come to floor:

IT Band Roller Exercise (See below for WHY this helps feet) – also do glutes and calves

The IT Band attaches the Gluteus Maximus to the lower leg. When the foot overpronates the IT Band gets stressed and can pull the leg and pelvis out of alignment. Foam rolling the IT Band will help align the knee and pelvis and allow them to function more correctly.