

Seated toe point and flex

Target joint: Ankles



In the continuation of the Exercise for Older Adults series, more lower body range-of-motion exercises are presented below.

Start/finish position

- Good seated posture.*
- Hands in comfortable position.
- Slide one foot forward as far as comfortable.
- Lift same foot 1-2 inches off the floor.

Downward/upward movement

- Point toes and flex ankle.
- Perform three to eight repetitions.
- Repeat with other leg.

Safety tips

- Perform standing toe point and flex while holding on to a secure support.
- Avoid locking the knee of supporting leg if doing exercise standing.

Variation and progression options

- Lift foot 3 inches or more off floor.
- Standing toe point and flex. ☑

For Client Review Only. All Rights Reserved. Advanstar Communications Inc. 2003

*Good seated posture involves finding the natural curves of the spine, or a neutral spine. A neutral spine is achieved when you are sitting as tall as possible with a long and lifted spine and both feet are flat on the floor. For more information about good seated posture, see the Patient Handout section in the Geriatrics February 2004 issue online at www.geri.com.

Source: Geriatrics is proud to present this information as a public service. The content and photos were adapted with permission from E. Best-Martini, Exercise for Frail Elders, Champaign, IL: Human Kinetics: 2003:72.