

FOOT CIRCULATION EXERCISES

These simple foot exercises help improve blood flow, reduce stiffness, and wake up your nerves. Do them daily—morning or evening. You may not be able to perform all of these exercises, just start with what you can do.

ANKLE PUMPS

Sit in a chair with feet flat. Gently lift your toes up while keeping your heels down, then press toes down while lifting heels. Repeat 15–20 times.



TOE WIGGLES

Wiggle your toes up and down, then spread them apart. It helps get the blood flowing and keeps your feet loose. Do for 30–60 seconds.



TOE CURLS

Place a towel or washcloth on the floor. Use your toes to scrunch and grab it. Hold for a few seconds, then release. Repeat 10 times per foot.



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FOOT CIRCLES

Lift one foot and slowly roll your ankle in a circle. Do 10 times in each direction per foot to loosen joints and boost circulation.



CALF MASSAGE

Use your hands to gently rub and knead your calf muscles. This helps relax tight areas and improve blood flow. Do this for 1-2 minutes each leg.



LEG ELEVATION

Lie down and prop your legs up on pillows or a chair. This helps reduce swelling and improves blood flow. Do this for 10-15 minutes.



HEEL RAISES

Hold onto a chair or counter. Slowly lift your heels so you're standing on your toes. Hold for 3 seconds, then lower. Repeat 10-15 times.



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