

# Aquatic Exercises for Foot Health

## Tips



### 1. Water Walking

**Duration:** 3 to 5 minutes

**Depth:** Between knees and waist

**Benefits:** Improves proprioception and strengthens foot and ankle muscles

**Tip:** Look straight ahead, arms slightly extended forward



### 2. Object Pickup

**Duration:** 3 to 5 minutes

**Depth:** Between knees and waist

**Materials:** Smooth stones or light toys

**Benefits:** Stimulates the intrinsic muscles of the feet

**Tip:** Pick up the objects with your toes and drop them into a bucket

### 3. Toe Flexion-Extension

**Duration:** 10 to 15 repetitions

**Depth:** Between waist and shoulders

**Benefits:** Strengthens the calves and plantar muscles

**Tip:** Keep your back straight; use a pool noodle for balance

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### 4. One-Leg Balance

**Duration:** 20 seconds per leg, repeat twice

**Depth:** Between waist and shoulders

**Benefits:** Strengthens stabilizing muscles and improves coordination

**Tip:** Fix your gaze on a point ahead of you for better stability



### 5. Lateral Movements (Side Steps)

**Duration:** 2 minutes

**Depth:** Between waist and shoulders

**Benefits:** Improves agility and dynamic balance

**Tip:** Perform slow, controlled movements

*Enjoy your session and take good care of your feet!*