

How to Do Ankle Pumps

Ankle pumps help prevent blood clots by keeping blood circulating in your legs. So even though ankle pumps are quite simple, they are very important. Here's how to do them.

Start by lying or sitting on a firm bed with your feet out in front of you. You can also do these on the floor.

Point your feet toward your knees as far as you can. And then point them away from you as far as you can. That's it.

Just alternate pointing and flexing your feet as far as you can in each direction. Keep doing it for about 2 to 3 minutes. And repeat the exercise 2 to 3 times an hour.

Some soreness or discomfort may be expected...but stop doing an exercise if you have increased pain.