

THE START OF A COMPLETELY PAIN-FREE FOOT

DISCLAIMER: First consult your doctor to ensure no break, infection, tumor, tear or organ involvement.

15 mins, at least once in the morning. Do exercises daily until the pain is gone for 24 hours. Continue for 1 week. To stop foot pain long term, move on to ankles, knees, hips, and shoulders. See link at the bottom for next steps.

Foot Circles: This restores ankle flexibility

How: Lie on your back. One leg flat on the floor, toes point to the sky. Another leg bent toward the chest. Clasp hands behind knee as you circle the foot clockwise 20x. Reverse direction of circling foot and repeat 20 reps. Make sure the knee stays absolutely still, with the movement coming from the ankle and not from knee.



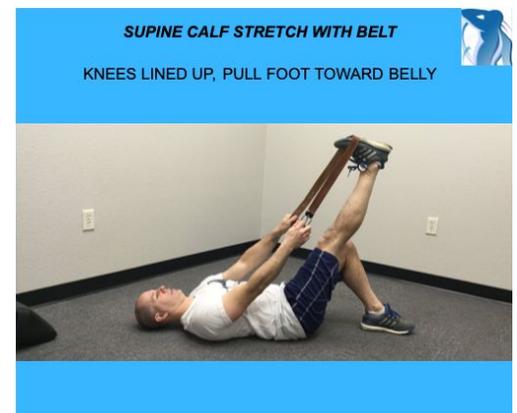
Point Flexes: This strengthens flexion & extension muscles.

How: Same position as above. One leg extended, the other bent. Bring toes back toward the shin, then reverse the direction to point foot, like pumping up and down movement. Switch legs and repeat 20x.



Supine Calf W/ Strap: This reintegrates all hip-to-ankle muscles.

How: Lie on back, knees bent, feet flat on floor, hip-width apart. Use a belt or strap to loop around one foot. Pull your toes back with a strap, keeping leg straight. Hoist straight leg to 45-degree angle, matching up knees. Relax shoulders. Hold 30 seconds. Repeat on other side.



These exercises have been proven in practice at Lovett Chiropractic
<https://www.LovettChiro.com/foot-relief>

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Hamstring Stretch W/ Strap: This reintegrates all hip-to-ankle muscles.

How: Lie on back, knees bent, feet flat on floor, hip-width apart. Use a belt or strap to loop around one foot. Pull your toes back with a strap, keeping your legs straight. Hoist straight leg past 45-degrees so the back of upper leg feels the stretch. Do not allow buttocks to lift off the floor. Relax shoulders. Hold 30 seconds. Repeat on the other side.



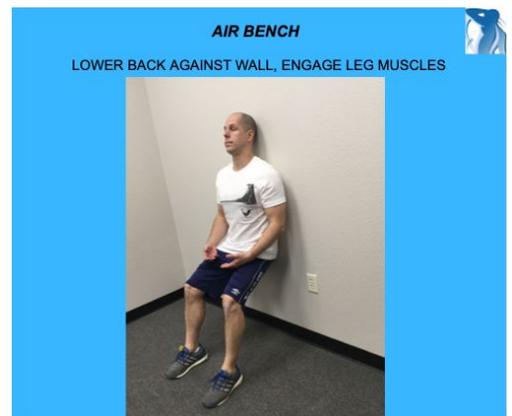
Static Extension: This tackles hip rotation, so no more disruption to knee and ankle function.

How: Kneel on all fours with shoulders directly over hands. Let back and head relax toward the floor so the shoulder blades come together. As you relax, let the belly button push toward the floor so there is a pronounced arch in your back. Keep elbows straight, and shift your hips forward 6-8 inches in front of knees. Hold up to 2 minutes.



Air Bench: This puts hips, knees and ankles into extension while aligned and under load.

How: Lean back against the wall. Press hips and lower back into the wall. Walk feet forward while sliding down into a sitting position. Do not sit below 90 degree knee bend. Knees should be over the ankles, not the toes. If pain in kneecaps, raise body up the wall to relieve pressure. Hold up to 1 minute. If it feels like too much of a workout, try only a few seconds at a time and build to 1 minute. Walk around for a minute after this exercise. Repeat 2 more times.



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