

Healthy Feet



To win this polygraph (true or false), you must agree if the statement below is true or false. I'll read the statement and when you know the answer hit the buzzer.

s t a t e m e n t

Break up scar tissue by weight bearing on a golf ball or tennis ball. Roll it along the bottom of the foot, heel, and arch two-three times a day. Roll over the ball and break adhesions and scar tissue.

Stretching

- Sit with knee straight and towel looped around the foot. Gently pull the towel until a comfortable stretch is felt in the calf



Towel stretch

- Standing, stretch the calf, back leg straight, and heel down



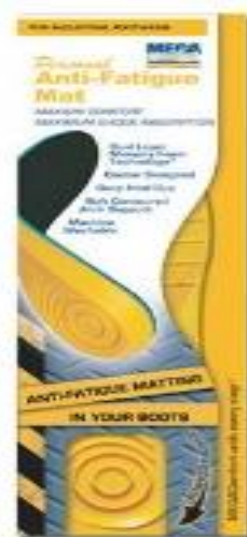
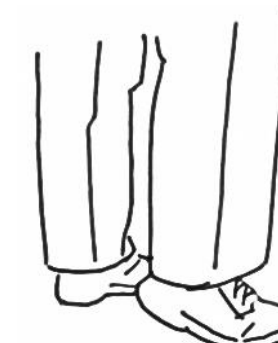
Standing calf stretch

- Standing, stretch the soleus, both knees bent lean into the wall



Standing soleus stretch

- Standing, stretch the plantar fascia push off the toes, lengthening the arch



Foot Health Tips

- Arch supports wear out after three to six months. Replace the arch support and increase the life of the shoe.
- Wear shoes with a slight heel immediately upon waking up
- Don't walk barefoot
- Roll the arch over a frozen water bottle after treating with the golf ball for 15-20 minutes
- Wear pronation supported shoes
- Stretch, Stretch and Stretch

Hold 30 seconds

Repeat 3 times

Do 2 sessions per day