

In General

- Unfortunately, the old saying “You get what you pay for.” May be especially true with shoes. A shoe should be comfortable, with a heel appropriate to the shape of your foot & have an arch support that matches you foot too. Often, it is necessary to visit a podiatrist & have an orthotic insert made for your shoes.
- A chair that does not cut you under your thighs sometimes requires shorter legs (on the chair) or a foot rest (a book or sandbag will do) to support your feet.
- Avoid walking on uneven or rough surfaces.
 - o Avoid walkways with uneven bricks or cracks.
 - o Avoid tilted surfaces. Walk at the apex of a non-busy street, if necessary.
- If you’re experiencing pain on awakening, then use a foot bracing pillow, see below.



Morton’s Foot



A Dr. Scholl’s foot pad can be cut-out so that the prominence beneath you second toe is not supported & a felt pad or 2 can be used beneath your big toe to even out the area (see figure). This can be inserted in your shoe, but will require you to add pads or replace them as they become worn. You can also have a shoe-repairman alter the soles of your shoe to make a more permanent change.

Deep Pressure Massage



Rub you leg from your outer ankle to your outer knee. If you find any tender points you can apply pressure to the feather’s edge of discomfort on that point with your thumbs or fingers (figure A). You can also slides your thumb or fingers along the muscle keeping the pressure the same. This is repeated several times until the tenderness disappears.

Hand lotion or a homeopathic lotion work well to facilitate the release of tension in this muscle. Also, this can be done in the bathtub prior to performing the “Bathtub Self-Stretch”.

Bathtub Self-Stretch



Sit down comfortably in your bath & reach forward & take your foot towards you with your hand. Grasp with one hand above your ankle & the other wrapped around the pads of your toes on the sole of your feet & twist your foot towards you (see figure). Press with your toes into your hand for 15 seconds without letting your foot move by holding it with your hands. Relax your contraction see if you can roll your ankle more inwards. Repeat this contract & relax until your foots range of motion no longer increases during the relaxation phase.