

**Footwear**

- Avoid high heels & shoes that are too tight!
- You should have a snug heel, that does not allow much rocking of your foot during walking.
- Work with your physician to find footwear that allows your foot to maintain a neutral angle at the ankle.
- Orthotics should be taken to the shoe store when you are trying on new shoes to assure a good fit.
- If you were diagnosed with a Morton's foot (longer 2nd than 1st toe), then a pad to support your big toe should be used.

**Sports**

- If your discomfort began after excessive jogging or a particular sporting activity, then this activity should be avoided until you are pain free.
- Sports that do not often cause this type of pain include: rowing, swimming &/or cycling.

**Exercise**

**Do not begin any of the following exercises until you are free of your pain. Also, always stretch before & after the exercises**

- Walk in a swimming pool & take long strides. The decreased gravity effect of the water decreases the stress on these muscles in walking.
- Spend 5-15 minutes a day picking things up with your toes. Start with light objects like Kleenex & then move on as your toe strength & dexterity increase. The divine power would not have given us toes if s/he didn't mean for us to use them.
- When you feel up to it, walking on a wet, sandy beach with special attention to toe-off will allow your muscles to strengthen & your spirit as well by the power of the seas. Once mastered, the next step is walking along dry, sandy beaches. Take long strides at a comfortable pace.

Sit in a chair with one leg crossed over the other & grasp your toes pulling them back towards you (figure A & close-up in figure B). Gently push your toes into your fingers for 15 seconds. Relax your push & see if you your toes extend further. Repeat this exercise 3 times and then 3 times a day.

*This stretch can also be performed in a nice warm bath or hot tub to maximize the stretch!*



In the seated position you can use a golf ball, roller pin or foot massage device to apply a deep pressure to a sore spot. Simply roll the object around the bottom of your foot looking for areas of discomfort. Once found allow your foot to dwell there with pressure on it to the feather's edge of discomfort. As the discomfort goes away allow yourself to increase the pressure until your full weight is on it & you no longer experience the discomfort. Repeat this exercise 1-3 times a day until you no longer have foot discomfort.



A Dr. Scholl's foot pad can be cut-out so that the prominence beneath your 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.



This is a 2-fer. Curl your toes, point your feet & turn them in (figure A). Hold this position for 5 seconds & then spread your toes out, turn you feet out & bring your toes towards your head for 5 seconds. Then, relax & repeat this exercise 5-10 times at a sitting. Repeat the whole thing 2-3 times a day.