

**If you have to do a lot of driving, you may experience less pain if you:**

- o Use the cruise control, whenever possible.
- o Place a block beneath your heel so that your forefoot is higher up on your accelerator.
- o Change foot position as often as possible.

**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.**

General



Seated Self-Stretch

Sit down comfortably & cross your ankle over your thigh (see figure A). Use your hands to point your toe & twist your foot inwards (figure B). Use your leg muscle to try & bring you foot & ankle back to the start position for 15 seconds. Relax your contraction see if you can point your toe more & twist your foot even more inwards. Repeat this exercise 3 times and then 3 times a day.



Sit down comfortably & reach your foot back under the chair so that the back of your foot is on the floor (see figure A). Press down with the back of your toes into the floor for 15 seconds. Relax your contraction see if you can point your toe more & twist your foot even more inwards. Repeat this exercise 3 times and then 3 times a day.

Alternate Seated Self-Stretch



**Often, tight calf muscle drive tension & trigger points in this muscle.**

Lean against the wall with one foot forward & the other backwards, but keeping both feet flat on the floor. Hold this position for 15-30 seconds & then repeat on the other side. Repeat this exercise on both sides for 3 times & then 3 times a day.

Holding up the wall - Stretching the Calf Muscles



**Follow this sequence:**

1. You are sitting comfortably with your feet flat on the floor (figure A)
2. Press the toes of your feet into the ground for 5 seconds (figure B) & then return to the starting position for 5 seconds.
3. Lift the toes of your feet off the ground for 5 seconds (figure C) & then return to the starting position for 5 seconds.
4. Repeat steps 2-3 for 6-15 repetitions.

Perform this balancing exercise every ½ hour when sitting for extended periods.

