

When Driving

- Your foot should rest comfortably on the pedals with your heel supported by the floor in a near neutral position.
 - Your toes should not be pointed at the ground or back at your face.
- Never pass up an opportunity to use the cruise control.
- Stop & take a walk around the car every _ - 1 hour.

Footwear

- Avoid high heels!
- Work with your physician to find footwear that allows your foot to maintain a neutral angle at the ankle.

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.

Environmental Factors

- Since cold & drafts may contribute to this problem, it is generally a good idea to avoid these situations.
- Use of long warm socks help to avoid this problem around the house & when you are out & about.
- A heater in a cold & drafty room or a blanket over the legs helps to keep the muscles warm.
- An electric heater at night helps to keep the body warm & muscles relaxed.

Sleeping

- A pillow placed against the feet beneath the soles helps to avoid excessive flexion of the feet that may contribute to this problem.



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 • hour when sitting for extended periods.

Perform this exercise only after mastering stretching without discomfort.

Sit down comfortably & cross your ankle over your thigh (see figure A). Use one hand to bend 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. Repeat the same exercise, but this time twist your foot outwards (treats the big toe extensor muscle.)

This stretch can also be performed in a nice warm bath or afterwards for maximum stretch!

