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Healthy Foot Solutions

"If you have any medical problems, please consult a health care professional before attempting any of these stretches"

Calf Stretch video #6



Place feet shoulder width apart with one leg lunged forward. Make sure both feet are pointing directly forward (at 12 o'clock). Keep back heel flat on the floor and back knee straight. Gently lean forward until you feel a stretch in your calf on the back leg.



Keep this exact position; however slowly bend your knee at the back leg. You should feel a stretch deeper inside the calf on the back leg. Shift hips to each side to increase stretch. Hold for 5 seconds.

Perform set 3 repetitions, then alternate sides

Preventative Exercise

Towel Stretch video #49



Place towel around ball of foot and pull. Hold for 15 sec. Repeat 3 times.

Toe Curls video #48



Flex toes as if you are trying to pick up a towel off of the floor with your foot. Perform 10-30 reps.

Heel Raises video #16



Stand on a step holding something for balance. Lift up on your toes and hold for 2 sec.

Heel Stretch video #16



Lower heels as far as possible, and hold for 5 sec. Repeat 10-30 reps.



Massages video #21



Place a ball underneath your foot. Roll back and forth for 1-5 minutes.



Place a water bottle in the freezer. Once frozen, place under your foot and roll back and forth for 1-5 minutes.



Cross legs so that foot is resting on thigh. Use thumbs to massage deeply. Perform for 1-5 minutes.

Supports



Arch Bandage by Pedifix



Personal Anti-Fatigue Mat by MegaComfort



Multi-Thotic by Mega-Comfort



Futuro Night Planter Fasciitis Sleep Support Adjustable



Airheel by Donjoy

