

5 SIMPLE STRATEGIES TO REDUCE YOUR OWN FOOT PAIN

Without Medications, Injections Or Surgery...



RENDÓN
PHYSICAL THERAPY

By: Physical Therapist, Abel Rendon

#1: STRETCH YOUR CALF MUSCLE

The calf muscle has so much effect on the the whole foot dynamics it's impossible to avoid it. 99% of people who have foot problems have limited ankle mobility due to restricted calf muscle length. Stretch your calf up against the wall or the standard runner stretch but placing the heel on the ground and leaning forward on the other leg. All stretches should follow these 3 rules - a) moderate stretch intensity, b) hold 60 seconds, c) repeat 3 times per limb x2/day.

#2: BUY NEW SHOES

If you are used to wearing the same shoe day in-day out, understand that the molds at the heel and at the toe rim/ arch will lose their fabricated support and start creating increase pressure sites on the foot. Leading to an individual tiring quickly, foot fatigue, changes in body mechanics and decreased circulation. Treat your feet well, they will thank you for it.

#3: USE KINETIC TAPE

Kinetic tape is not your typical sports tape that you have seen football and basketball players use. Kinetic tape helps mobilize and support the connective tissue, rather than just restrict and protect joint mobility. Used accordingly, it can help significantly the tensional distribution of the foot. Apply a strip of tape at the distal portion of the foot and anchor it towards the calf.

#4: USE A TENNIS BALL OR YOGA BALL.

This is a easy and very inexpensive way to roll out all that tight fascial tissue under your foot.

Grab a ball, that place it on the floor, and with a barefoot begin to roll from heel to toe up and down, left to right, all around. Pain attention to the extra sensitive spots and spend a little more time there. Do not try to 'smash' it free, wait and be patient. I tell my patients to invest at a minimum 3-5 minutes per foot.

#5: GET A PHYSICAL THERAPIST TO EVALUATE YOU AND YOUR FOOT.

Didn't know that you can walk in off the street and get a Doctor of Physical Therapy to evaluate your musculoskeletal impairments? We've been doing it for years but insurance's want to streamline you into their protocol, so everyone gets a little bit of the pie on your health, pain and time... Don't let Big Pharma, Big Insurance or other practitioners decided what you should do to have a skilled, highly trained specialist evaluate, consult, listen and implement what is the best choice of treatment for your needs and goals.... Especially if it regards your foot pain!

KEY:

Call Rendon Physical Therapy, Inc at **909-796-0012** to schedule a consult, discovery visit (no commitment) or start treatment. Bianca is our front office manager and she'll answer your questions, in English or Spanish.

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