
6 easy ways to reduce or stop foot pain from ruining your summer without taking painkillers or visiting your primary care doctor

New Day Physical Therapy

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How to stop foot pain from ruining your summer using 6 easy tips...

Without painkillers or visiting your primary care doctor!

It's that time of year again when the weather is warmer and people want to be outdoors and active in the park, hiking, playing with their kids, or walking around the local DORA (Designated Outdoor Refreshment Area) taking in the sights. Not everyone can enjoy these activities due to foot pain. This free report is designed to help you reduce or eliminate your foot pain so you can get back to enjoying the weather and being active with your loved ones or friends.

1. Wear supportive shoes that fit properly

Summer is the time of year that people want to wear sandals of all styles.

Unfortunately, sandals aren't the type of shoe that provide your feet with as much support or cushion as they may need. Picking footwear that gives your foot cushion from objects on the ground and supports your foot's arch is a good way to reduce sore feet. If you haven't had your feet measured in a while it may be a good idea to get them measured to make sure you buy the right sized shoe.

2. Get shoe inserts or arch supports

If your favorite shoes aren't as supportive as you need you can pick up some shoe inserts to improve the arch support and/or cushioning of the shoe.

3. Avoid high heels

High heels add pressure to the front of your foot and tend to squeeze your toes together. That can cause bunions, ingrown toenails and blisters, not to mention ankle, knee, or back pain.

4. Try icing your foot/feet

Ice may be the best way to relieve foot pain fast. Try applying the ice for 10 minutes at a time once every hour.

5. Soak your feet in a foot bath with Epsom salts

Draw a warm foot bath in a tub the right size for your feet and add the correct amount of Epsom salts. Soak your feet for 20 minutes. This can help ease sore foot muscles and even reduce swelling in your feet.

6. Give Physical Therapy a try

If you tried the first 5 tips and your pain still isn't getting any better then try physical therapy. After a physical therapist does a thorough evaluation, they can identify the cause of your foot pain and help with reducing/eliminating it. They may suggest a couple of stretches or exercises that may be just the ticket to allow you to treat your foot pain on your own. The therapist may use some hands-on techniques to ease your foot pain such as soft tissue mobilization, instrument-assisted soft tissue mobilization, dry needling, or cupping.

Bonus!

Exercises and stretches to help foot pain- Do each exercise/stretch 3-4 times a week.

1. Calf stretch - hold for 30 seconds and do 3 times each leg

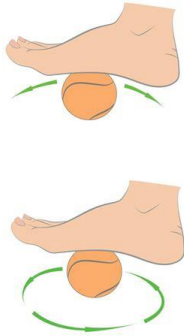


2. Toe stretches - hold for 30 seconds and do 3 times each leg



3. Roll foot on tennis ball

Take a tennis ball and roll your foot on it as you are sitting down. Roll up by your toes and under the arch of your foot. Do this for 1-2 minutes for each foot and apply as much pressure as is comfortable.



4. Toe towel scrunches - Do 3 sets of 10 repetitions



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About the Author



My name is Aaron Pertner and I am the owner of New Day Physical Therapy. I started New Day in the winter of 2020 with the goal of helping people get back to the activities that fulfill them and bring them joy. New Day has a brick and motor location as well as being a mobile clinic that can come to your house or your workplace to get you feeling better. I have been practicing as a physical

therapist for 10 years with 4 years in the sports medicine field and 6 years working in the pediatric field.

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinic. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow therapist advice and various other physical factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the licensed physical therapist at New Day Physical

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