

**Give Your Feet the Care They Deserve —
In Just 5 Minutes a Day**

**Stretch.
Massage.
Heal.**



Our feet carry us through *everything*—yet they’re often the most neglected part of the body. Whether you’re dealing with heel pain, tension, or just feeling stiff at the end of the day, a simple daily ritual can make a world of difference.

Today, I’m sharing a **5-minute foot care routine** that can help you feel better, move easier, and even prevent future injury.

1. Wake Up Your Feet

Start with a few slow calf raises or a short walk around your home to get the blood flowing.



2. Stretch It Out (1–2 mins)

Tight calves and hamstrings often pull on the heel, causing or worsening plantar fasciitis and Achilles pain.

Try this:

- **Wall Calf Stretch** – Stand facing a wall, press one foot back with the heel down, and hold for 30 seconds.
- **Seated Towel Stretch** – Sit down, loop a towel or belt around your toes, and gently pull toward you. Hold for 30 seconds each foot.
- **Bonus:** Add a hamstring stretch or downward dog to unlock your entire posterior chain.

FOOT CARE EXERCISES



1. WALL CALF STRETCH

1. Place hands on wall.
2. Step one foot back and press heel down.

2. SEATED TOWEL STRETCH

1. Loop towel around foot.
2. Pull towel to stretch calf



3. HAMSTRING STRETCH

1. Extend one leg in front.
2. Lean forward to reach foot

♀ 3. Massage for Release (2 mins)

Massage isn't just relaxing—it improves circulation, reduces inflammation, and eases tight fascia.

Try this:

- Roll your foot on a tennis ball, frozen water bottle, or massage roller.
- Spend extra time on tender spots—you're breaking up adhesions and encouraging healing.
- Use your thumbs to gently knead the arch or heel if that feels good.

TENNIS BALL MASSAGE FOR FOOT PAIN RELIEF

1. SIT IN A CHAIR,
PLACE A TENNIS BALL
UNDER THE FOOT



2. GENTLY PRESS
THE FOOT DOWN
AND ROLL BACK
AND FORTH



3. CONTINUE FOR
1-2 MINUTES

4. Hydrate & Recover

Finish with a big glass of water to flush out toxins and stay limber.

Optional: Magnesium spray, arnica gel, or essential oil foot balm can add a

Foot Care Routine



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**STRETCH
IT OUT**



**MASSAGE
FOR RELEASE**

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Your Next Step Forward