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Self Treatment And Prevention Of Foot Discomfort

BACKGROUND

Many jobs involve a great deal of standing and walking.

A common foot feeling in some of these associates is a sensation in the arch of the foot:

- Tension or cramping
- Fatigue
- Ache or hot sensation

The same things that cause the foot sensations may cause fatigue, tension, and heaviness in the leg.

The usual cause of the physical stress described above is a flat foot. The arch partially decreases when you stand.

The solution to feel better if you have these sensations is simple.

1. Buy a simple soft arch support in a drugstore. Keep them in all of your shoes, both at work, sports and at home.
2. Get a golf ball or some small hard round object. Keep it where you eat or sit at home. Spend one minute each day rolling it on the floor with your foot to massage the muscles from the toes to the heel.
3. IF YOU DO PROLONGED STANDING (to reduce leg tension and fatigue)
 - Vary stance every few minutes; do not wait until standing is uncomfortable.
 - Pick 2 or more positions to use:
 - Close or wide stance
 - Right or left leg raised on an object
 - Right or left leg forward lunging stance
4. Do the following leg stretches at least 3 times per day as you learned in the Injury Prevention trainings

