



5 STEPS

TO PAIN FREE FEET AT HOME

1

NO BAREFOOT AT HOME

No barefoot or flat slippers. Swap for an arch support slipper/flip flop / slide. Great brands like OOFOS, Hoka recovery and Asics Actibreeze

CHECK THE FIT OF YOUR SHOES

2

Take the insoles out of your shoes, line your heel up on them and stand up, you should have a thumbs width between your big toe and the end of the insole and make sure the sides of your feet arent overhanging the insole. If they are then stop wearing those shoes.

3

STRETCH YOUR CALVES

Stretching both your gastrocnemius and your soleus for at least one minute on each leg will help to release tension in your foot. You can find these stretches on my tiktok and instagram.

ANKLE A-ZS

4

Make sure to keep the ankles moving, performing the alphabet with your foot and ankles can help to keep them mobile and stop them seizing up.

5

STOP WALKING LONG DISTANCES IN SOFT SLIPPERS

Dont walk more than 2000 steps in your soft slippers. They arent attached properly to your feet so your feet work harder than they need to to keep them on. Your feet become tired and that can lead to overloading the structures then leading to pain.

@paulthepodiatrist

Reach out to me if you have further questions about your foot pain