

Sole Power Foot Tips

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Pineal Hook



*Open toes reflect
an open mind!
Now that's Sole
Power!*

Taking Care of Your Feet!

For stiff, stressed and tired feet, try rolling a tennis or golf ball under your feet several times a day. It releases tension, strain, and improves circulation!

You don't have to be "Baryshnikov" for this tip: **The ballet dancer's rolling foot stretch which is a move that improves flexibility and feels terrific!** Pirouettes are optional!

Arches play an important part in supporting our bodies. **Those with fallen arches might consider the pick-up trick. Use anything handy, a towel, pen, or money!** Now that's motivation...

Toe isometrics will help your balance, and improve foot strength. As the toes get stronger you apply more resistance.

Use toe spreaders to relieve stress and tension or just fan your own toes wide. This exercise opens nerve paths in the feet, and helps to improve elasticity. Pain from neuromas and similar conditions may also be lessened.

Toe Stretch Daily

