

Tired Feet?

Sit with your feet up for 10 minutes



If your feet feel really tired after a long day, take it easy for 10 minutes and sit with them up.

Sitting with your feet up for 10 minutes helps circulation. Also perform the following three foot exercises whilst you have your feet up:

1. Circle your feet ten times in each direction, keeping your legs as still as possible.
2. Consciously straighten your toes and wriggle them around.
3. Raise, point, then curl your toes for five seconds each, repeat ten times – this is particularly good for toe cramps or hammer toes.

If you have a problem with your feet, seek advice from an HPC registered podiatrist/chiroprapist. To find one, contact your GP for an NHS referral or visit www.feetforlife.org for a list of private practitioners.

Pavers *Shoes* have teamed up with the Society of Chiroprapists and Podiatrists to promote good foot health. For more information on how to take care of your feet, please see www.feetforlife.org



The Society of
Chiroprapists and
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