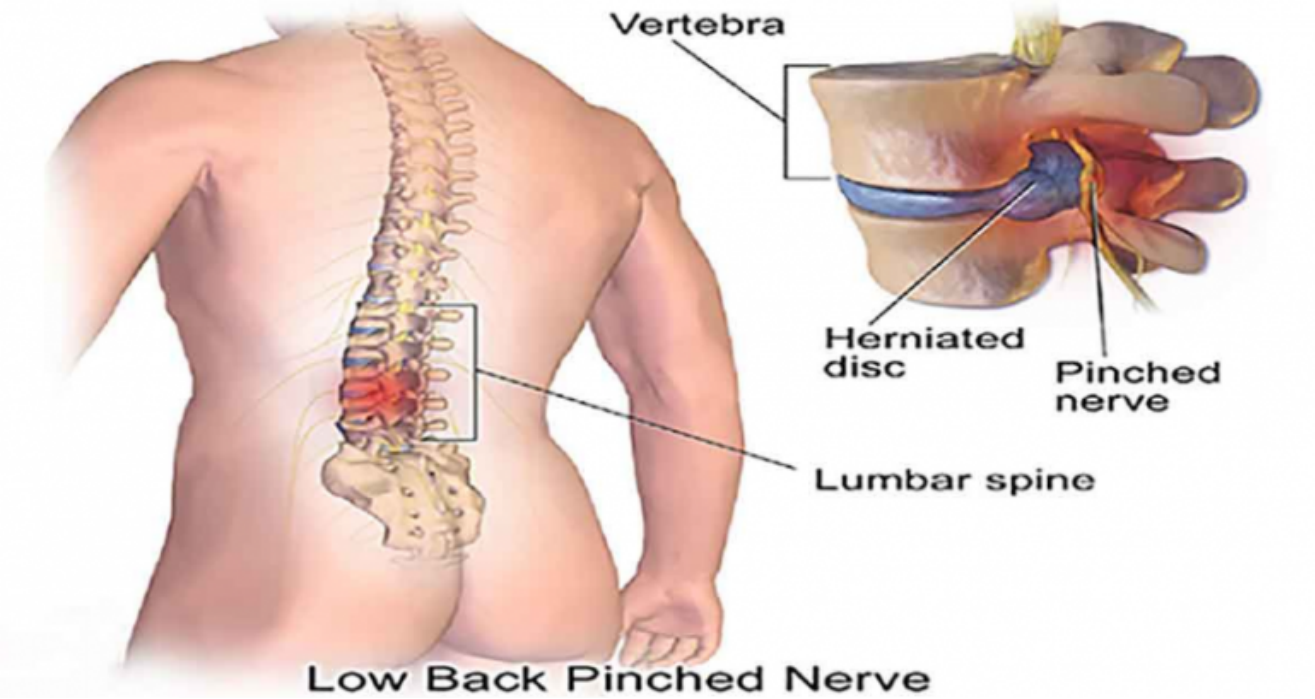
HEALTHY TIPS

# The Secret to Treating Back Pain Is in the Feet: 5 Exercises that Fix Everything

By bestfolkmedicine · 16/11/2018 · 2 min read




*Lack of physical activity and regular exercise is considered to be one of the major causes for a long list of health problems. The most common ones that happen because of weakness in the muscles and consequently, this may increase the chances for back, hip, and knee ache. In order to better your flexibility and alleviate these problems, you need to perform regular stretches, according to Longevity Box.*

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

*If you are also struggling with back ache, you should know that in today's article, we are offering a set of 5 potent exercises that will alleviate the problem. By doing them on a regular basis, you will also experience less hip ache and better balance and posture. They will help you enhance the blood flow, align the bones*

*and muscles, and reduce pain in the lower part of the back, as Cosmic Scientist explain.*

## Forget about Back Pain with these 5 Exercises

1. **Toe walking**

First, for 20 seconds, walk on your tip toes and then for additional 20 seconds, walk with the toes outwards. Then, pause for several seconds and repeat the exercise four more times.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

2. **Heel raises**

Sit down on the ground and then stretch one leg in front of you. Keep the other one bent. Then, start to bend the upper body forward to try and grab the toes. With the help of slow movements, press the toes in opposite directions. Keep them like this for 30 seconds. Do two repetitions of 30 seconds with each leg.

3. **Foot massage**

Place a tennis ball under the second toe and then move it forwards and backwards slowly for 1 to 3 minutes. Do the same with the other foot.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

4. **Resistance band**

Sit down on the floor and put the legs in front of you. Take an exercise band and wrap one side of it around a bedpost or a firm chair and the other one on the foot's top. Now, you need to slide back so that you feel a tension in the band. And, flex the foot backwards and keep it like that for 15 seconds. Release and repeat. Do 10 reps.

5. **Ankle circles**

Lie down on your back and bent the legs upwards. Now, stretch and lift one leg above your body. Begin to rotate the ankle clockwise for 10 seconds and then anti-clockwise for additional 10 seconds. Do the same with the other leg. Repeat the movement twice per day.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Sources:

LONGEVITY BOX

COSMIC SCIENTIST

---

**Read online:** https://bestfolkmedicine.com/2018/11/secret-treating-back-pain-feet-5-exercises-fix/

Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.