FITNESS & BEAUTY

8 Foot Exercises to Relieve Back Pain within Minutes

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Backache is a common issue that many people throughout the world struggle with. Whether it's caused by a sedentary lifestyle, unhealthy posture, *or some injury, back pain is never pleasant.*

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

In fact, it can diminish our overall quality of life, especially if it's a chronic and serious pain that can last for months.

If you also struggle with back pain, you should know that the feet play a pivotal role in it.

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Namely, our feet dictate our body posture and also our movement. This is why specific exercises focused on the feet may alleviate the discomfort and pain in the back.

With this in mind, check out the eight best foot exercises to relieve back pain at home.

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8 Foot Exercises to Say Goodbye to Back Pain

1. **Toe stretches**

While in a sitting position, place your right leg on the left thigh.

Then, catch the right toe and shake it in different directions and then stretch it out in each direction.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Repeat three times per foot for optimal results.

2. **Toe presses**

While in a standing position, bend the knees. “Grip” the floor with the toes or press them down for three seconds or so before you release it.

Repeat this ten times and then do the same with the other food. This will help improve the blood flow and relieve back ache.

3. **Toe walks**

Walk on the toes for 20 seconds and repeat this five times.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });
Do this exercise twice per day to have stronger ligaments and better your balance and posture.

4. **Heel tendon stretches**

Stretch the leg in front of you and face the wall.

Bend the left knee and place the left hip forward.

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Remain in this position for 30 seconds. Repeat with the other leg as well, twice per day for optimal effect.

5. **Resistance bands**

While sitting on the floor, straighten one leg.

Wrap the band around a bed post or a chair in front of you and place the other side on top of the food.

Slid back gradually until you feel tension. At this point, flex the foot backward and hold it counting from 0 to 5 before releasing it.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });
Repeat this movement 10 times with each leg. This exercise helps strengthen the muscles and make them stronger.

6. **Pencil pickups**

Take a pen or a pencil and hold it with your toes for 10 seconds or so.

Repeat this five times, two to three times per week.

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7. **Circles with the ankles**

While lying on the floor, bend the legs upwards. Take one of the legs and stretch it out. Start rotating the ankle for 10 seconds in one direction and then in the opposite.

Repeat the same with the other ankle.

For best results, repeat this exercise twice per day.

It will alleviate back pain because your ankles play a pivotal role in a person’s mobility and balance.

8. **Foot massage**

Put a tennis ball underneath your foot, near the arch.

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Begin to move the ball forward and backward using the foot. Do this for several minutes before doing the same with the other foot.

Sources:

THE MIND'S JOURNAL

THE ASIAN AGE

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