

Tennis ball exercise

Why do this exercise?

This exercise relieves the tension in the ligaments and muscles in the soles of your feet. It gets the blood flowing again – which helps to repair your sore feet.

How to do this exercise?

1. Sit on the edge of a chair with the tennis ball under your toes.
2. Roll the ball from your toes to your heel.
3. Add as much pressure as you can bear, but don't hurt yourself!
4. Then work the ball down your foot.
5. Roll the ball in small circles under your forefoot, the arch of your foot and then your heel.

How often?

Your podiatrist will let you know how many times to do this exercise each day.

- sets
- repetitions each set
- times per day

