

Releasing Joint Restrictions:

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Foot Bottom [FB]

For: Foot and ankle pain

2X/day check for sore spots. Treat worst points first

Restriction Indicator (RI)-tender point:

Pushing on bottom of foot about the middle of the arch on each foot bone. Back of heel on heel bone or pinching Achilles tendon.



Movement Combination:

Gently fold footbones and toes toward bottom of foot-pointing toes downward.

Alternate Movement Combination:

Trying to make a ballerina point with the foot-may put the foot on a stair to hold the heel up while pointing the toe down.



Recheck tender spot (RI) in same direction with same amount of pressure. Find position of the foot/toe that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Maintain contact with RI but stop pressing. Slowly return to neutral and recheck RI.