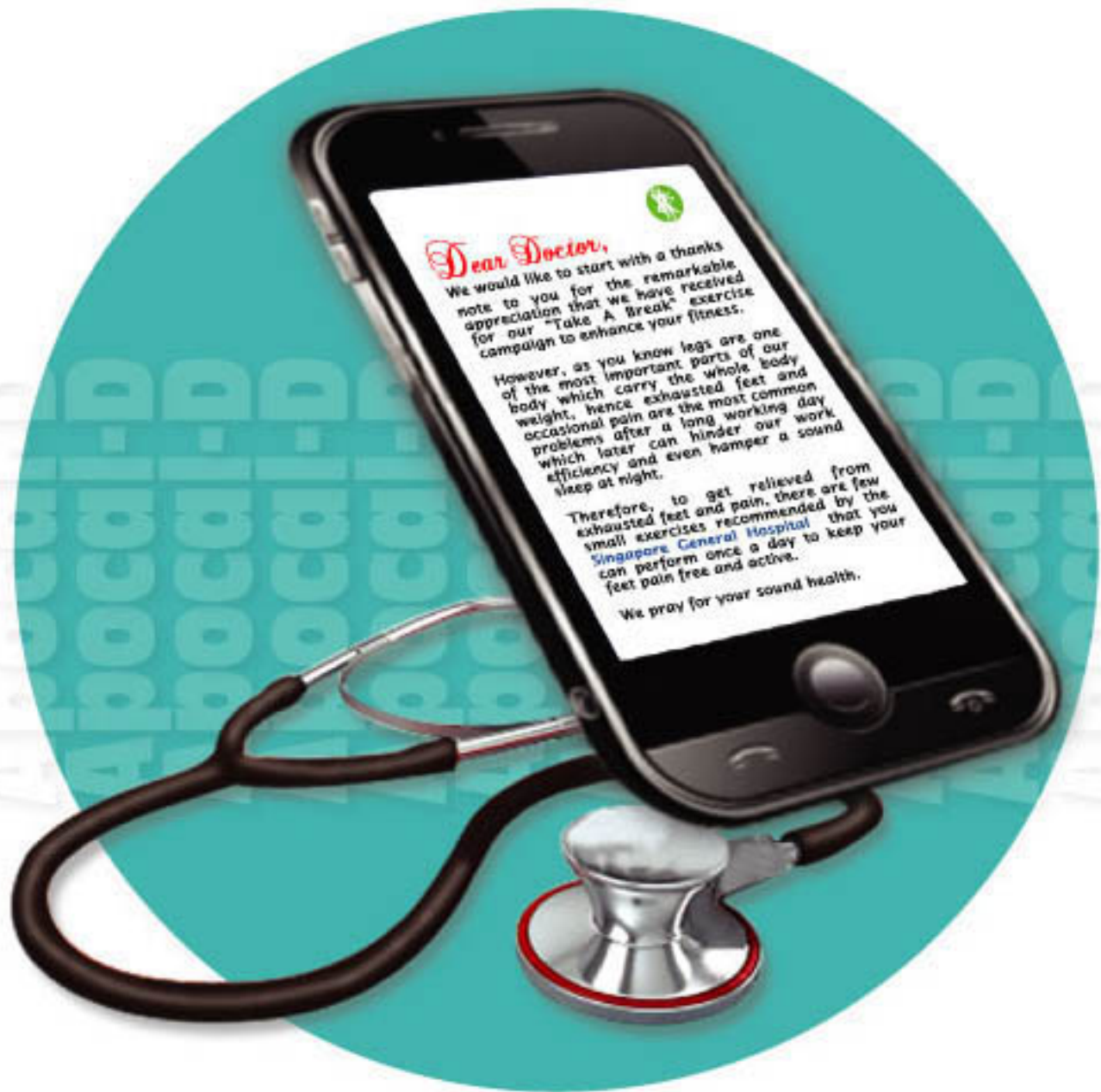


TAKE A BREAK!



Foot exercises & pain therapy, recommended by Singapore General Hospital



Put one leg on a chair at a time, press and hold for 20 seconds. 3 times



Stand on tip toes keeping support on a chair and hold for 10 seconds. 3 times



Pull the big toe and hold for 10 seconds. 4 times



Pull straight with a towel or cloth and hold for 10 seconds, 3 times



Push downward and hold for 10 seconds. 3 times



Pull towards outer side and hold for 10 seconds. 3 times



Pull towards inner side and hold for 10 seconds. 3 times



Pull upward and hold for 10 seconds. 3 times



Pick up a small towel or a piece of cloth with toes and hold for 10 seconds. 3 times



keep a frozen can/bottle under the feet and roll for few minutes.

Ref: Singapore General Hospital/physiotherapy centre

Courtesy by:

Apocal-D

Calcium+Vitamin D₃ Film Coated Tablet

