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Foam roll: Wall Foot/Arch Work
1-3 is barefoot and 4 is with shoes on

Stretch across toes with fingers in between or get a foam spacer(for doing toe nails) and rest with toes in them for a few minutes each day.

Ankle opening: Roll the ankles both directions

Foam roll for arches: Place on floor near a wall.

First: Step on roll just behind ball of foot. Curl toes down toward floor. Keeping heels down and knees bent throughout. Focus out (not down on something) and pull up from your base (pelvic floor/kegle). Take 5 or 6 deep breaths while doing it. When finished step off roll. This should not create big pain, if it does stop.

Second: Place foot just in front of heel on foam roll. Again, knees bent and sit back slightly to put pressure into heels. Focus out in front of you, not down and pull up from your base (pelvic floor, think kegle)). Again, 5-6 deep breaths. It should not be painful

Wall calf stretch: Face wall with shoes on, place one foot/toes up the wall and with heels down. Now slowly bring knee toward wall engaging lightly. Hold position and breathe, it should start to release. If it grips too hard or pain ramps up, modify by bringing knee back in toward the wall until the calf can relax into it. Next, hyperextend the back of the knee while pushing the chest more upright. You should feel this behind the knee.

Nothing should be painful or gripping. If you experience either, please call.

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