**The Secret To Relieving Back Pain Is In Your Feet! Do These 5 Exercises In Just 15 Minutes**

Our feet bear the heaviest burden, especially when it comes to our physical activities.

They support our movements, so they may often need extra care, in order to prevent pain in the hips, knees, or back.

Acupressure is a 5-millenia old therapy, and it is an extremely important part of the Asian, particularly Chinese medicine. It is conducted via precise finger placement and pressure over particular body areas, or points.

The points follow certain channels, known as meridians, and the same are also treated in the case of [acupuncture](http://www.healthyfoodhouse.com/hidden-muscle-causing-sciatica-pain-2-easy-stretches-instant-relief/).

**Therefore, these 5 simple exercises will help you improve the balance, strengthen the feet, and soothe pain:**

**1.Toe press**

Before you exercise, make sure your legs are properly warmed up. Toe presses are extremely useful for this purpose. In a standing position, bend the knees a bit to grip the floor with the toes. Hold in that position and count to 3. Repeat this 3 times daily, in 10 sets.

**2.Toe Pencil Pickups**

This is a simple and easy exercise. Place a pencil on the ground, and lift it off, hold for 10 seconds, and release it. Repeat the exercise 5 times for both feet.

**3.Toe walking**

In order to strengthen the toe muscles, the ligaments, and the muscles surrounding the balls of the feet, you should try toe walking. Just stay on the tiptoes and move forward for 20 seconds, Rest for 15 seconds, and repeat five more times. For best effects, do this twice daily.

**4.Resisted Flexion**

This simple exercise targets the tiny muscles in the foot, which are responsible for balance. It will also tighten the muscles and prevent injuries.

While sitting on the floor, straighten the feet in front and wrap an exercise band around the bedpost. Then, place the band on the top of the feet, and lean backward to tighten it. Then, with the foot bent backward, hold for 5 seconds, rest a bit, and make 10 repetitions.

**5.Ankle circles**

The proper flexibility and mobility of the ankles are of high importance. Tight and restricted ankles are often caused by an overload of the body, leading to muscle and joint pain, as well as hip, knee, and [back pain](http://www.healthyfoodhouse.com/say-goodbye-back-pain-heres-get-rid-back-pain-natural-way-successful-95-cases/).

While lying on the back, extend the leg over the head, and rotate it clockwise. Count to 10, and repeat with the other leg as well.

Sources and References:  
[**fitnessrepublic.com**](https://fitnessrepublic.com/fitness/exercises/10-exercises-to-strengthen-your-feet.html)**-- Original Article Source**

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