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FEET NEED EXERCISE



## Feet Need Exercise:

### Situation

Two forty something year olds came to me recently on separate occasions complaining of progressively worsening pains in their lower legs. The woman using a pedometer to measure the amount of steps she takes each day knows she is only taking 20% of the recommended 10000 or more steps a day. The man is a guitarist performing regularly and reasonably healthy; having seen him perform on a number of occasions I've noticed how he regularly rocks rhythmically front to back whilst playing.

### Method of relief

I gave my female client hot and cold treatment with [deep tissue massage](#) over four sessions and my male client [deep tissue massage](#) with stretches over five sessions.

### Results

Relief for the woman from the almost constant pain was instant, well the following day. The pain came back after 3 days and needed weekly massages to manage the pain. However for long term beneficial results I have put her on a course of progressively more demanding walking regimes.

My rock star (almost) client is a more stubborn personality, whilst having his maintenance massages is not doing his daily stretches to increase muscle length and pliability in his lower legs, therefore recovery will be slower.

### Contact us

*'Research shows that walking 10,000 steps a day will significantly improve your health. Putting one foot in front of the other can build stamina, burn excess calories and give you a healthier heart.'* [NHS Choices](#)

### Articles to come:

- How often do I need a massage
- Shoulder pains
- Elbow pains

Warm regards,

Clive Sinclair

Senior Massage Therapist

Massage Remedies

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