



Ideas: Taking Care of Overworked Feet

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TIPS FOR TAKING CARE OF OVERWORKED FEET:

- What You'll Need: Arnica for bruises, alum for blisters, 2nd skin for bruised toe nails/blisters, tiger balm for sore muscles, dixie cups filled with water then freeze use to massage shin splints, and Epson salt
- Rotating 20 minutes on ice and 20 minutes with heat helps relieve tendonitis
- Foam rollers work out knots in the muscles
- Use tennis balls to lay on your back and work out knots in shoulder blades.
- And Don't Forget RICE: Rest. Ice. Compression. Elevation. It's the first thing you should do immediately following any injury.