

STAND ALL DAY?

Here are four stretches to relieve the pain

1 Leg Extension

5-10 repetitions per leg



- Standing upright, extend one straightened leg out behind you
- Lower your leg back to the floor

2 Squat

5-10 repetitions



- With feet hip-width apart, bend your knees and lower your buttocks
- Be sure to keep your chest lifted, knees apart and weight on your heels

3 Marching in Place

5-10 repetitions per leg



- Standing upright, raise one knee so your hip is at a 90 degree angle
- Lower your leg back to the floor

4 Ankle Rotations

5 repetitions per ankle
(clockwise & counterclockwise)



- Raise one foot and rotate your ankle
- Create big circles with your toes

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