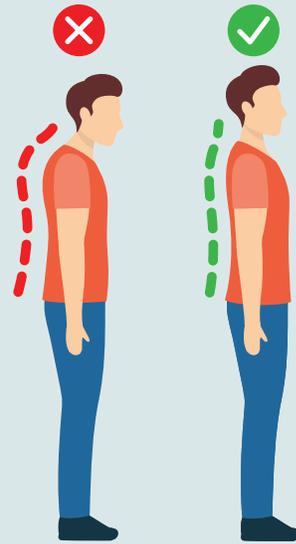


- Maintain normal curves of your spine.
- Stand tall with chin tucked in.
- Keep shoulders down and back.
- Don't hyper extend knees or back.
- Wear comfortable shoes with arch support.
- Compression socks can be helpful
- Prop foot up to take pressure off your back.
- Work surface should be at hip height to avoid bending.
- Stretch your ankles and calves frequently.
- Stretch plantar fascia under foot with tennis ball or a can/bottle.



Maintain proper posture



Stretching ankles



Stretching feet