

FOOT MASSAGE

Back pain, knee pain and excessive tiredness in the legs... we're talking about common problems we encounter. On many more occasions than we think, all these pains are directly related to a foot problem; they are the basis of our body and play a major role in the correct absorption and distribution of loads. If there are any muscular or biomechanical pathologies in them, it could affect the entire upper muscle chain (ankles, knees, hips and back).

When your feet hurt, your body instinctively compensates by altering the way you walk; this can mean a change of pace, with your foot pressing harder on one side than the other. Maybe the pain can be alleviated by keeping the ankle stiff throughout the step, or by leaning on one leg more than the other, but these adjustments have an effect on the rest of the body. Even simply keeping your foot or ankle in an unusual position every step, your knee must compensate accordingly, as should your hips and lower back. The changes build on each other until they create a much greater impact, usually on the lower back, resulting in pain.

This massage is suitable for:

Excessive sports

Impact and anaerobic sports

Muscle or tendon injury that hasn't healed properly

Alteration in the biomechanics of the foot or lower limb

Injuries

Stress: because you have inadequate postures due to increased tension

Sedentary lifestyle: by not doing any activity and trying to exercise, structures can be damaged

Static work: the muscles are tense for a long time, so the muscle loads inadequately and fatigue occurs