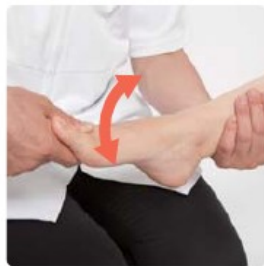


Build the arch and soften feet from inside.

Firmly moving the metatarsals helps restore flexibility to the "adductor hallucis muscle" and "metatarsal ligament", and restore a clean arch to the sole of the foot. This massage also provides massage benefits to the unreachable inner muscles, relieving stress from the entire foot from inside. This massage is great not only for physically active people, but it is worth a try for anyone who feels foot fatigue.

First, check the degree of fatigue of the foot!



Support the foot with the left hand, hold the index toe with the right hand then move the ankle up and down.

The ankle moves smooth Indicates less fatigued.

The ankle doesn't move smooth or sways Indicates there is no flexibility in muscles due to accumulated fatigue

The metatarsal massage is recommended!

How to grip foot

Hook the middle and ring fingers of both hands around the big and little toe of the foot respectively. Place the thumbs on the top of the foot and the index fingers on the center of the sole of the foot.

※ This massage can be performed on your own, however, better results would be achieved if you have someone to assist.



View from the top of the foot



View from the sole of the foot



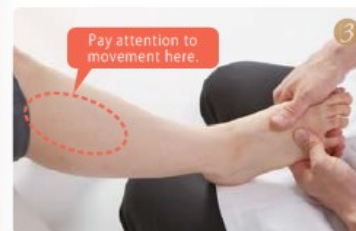
1 Firmly push the center of the sole of the foot upward using the index fingers to form an arch.



2 Push down the top of the foot firmly and lift the big and little toes upwards and outwards.

POINT Large and bold movements

At first the muscles are stiff and not moving easily, however, as the massage progresses, the muscles will soften and move wider. So apply large and bold movements.



3 When the muscles become softer, you will be able to see the up-and-down movement of exterior of the calves.

Reinforce the "arch" and build up feet better suiting for walking.

The metatarsal can be securely supported using Phiten's flexible roll tape. Taping technique helps to build the arch and provides backup support for the metatarsal when walking.



- 1 Measure and cut a length of roll tape slightly longer than the width of the foot.



- 2 Fold in half and cut with scissors.



- 3 Fold one piece of the tape to form a rectangular shape and adhere to the center of another piece.



- 4 Place the folded tape portion on the mid-point between the base of the big and little toes.

POINT
Put a tape while forming an arch on the foot



- 5 While applying stretching force on the tape, put one end to the base of the big toe so that it hooks into the area.



- 6 Put another end to the side of the little toe in the same manner.

POINT
It is important to leave the top of the foot open without connecting the ends of the tape.

Please try out these simple massage and taping methods!!

