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## Tricks to Prevent Work Foot Pain

### 1. Wear the Right Footwear

We know it's hard to hear, but like we said, comfort is more important than fashion. Especially in high-risk workplaces, safety shoes or supportive sneakers are essential. But in any workplace, make sure your shoes fit well, with enough room in the toes and a secure fit around the heels to avoid blisters or pinching.

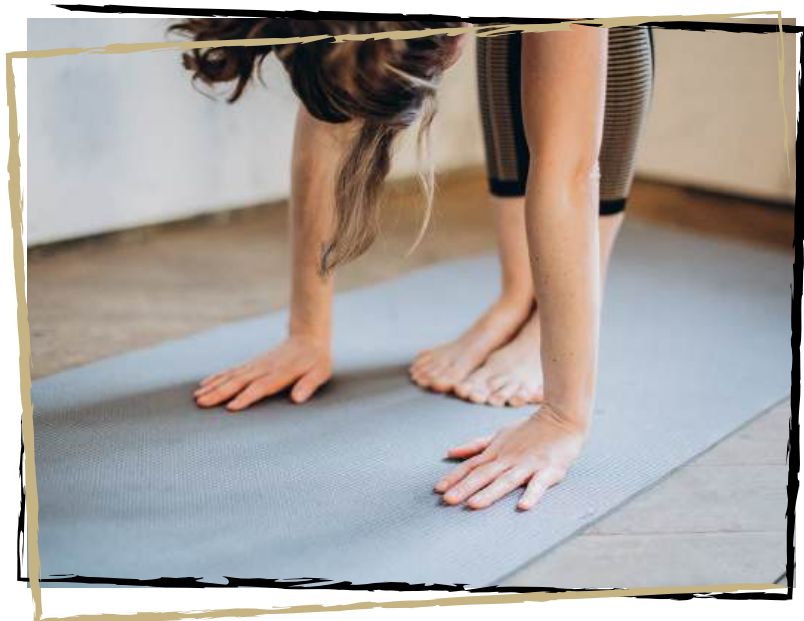


### 2. Take Breaks

We'll say it again: prolonged standing or walking puts so much pressure on your feet that it can lead to swelling, fatigue, and severe pain. So don't let your feet go hours without a breather. A short rest every 30 minutes can go a long way toward keeping your feet happy.

### 3. Use Orthotics or Insoles for Extra Support

If you have flat feet, high arches, or just need extra cushioning, padded insoles or a podiatrist's custom orthotics can make a huge difference. Orthotics are custom-made inserts that are specifically designed to offer you the personalized support your feet need.



### 4. Stretch and Strengthen Your Feet

Stretching isn't a groundbreaking feet-feel-better technique, but it is often overlooked. Consistent but simple stretches and exercises can significantly help improve foot flexibility and strength. Of course, stretching your feet won't turn them into gymnasts, but it will help them feel just a bit more flexible.