

A photograph of a person's feet on a sandy beach. The image is partially obscured by a large, semi-transparent blue oval overlay that contains white text. The background shows the person's legs and feet on the sand, with a red-handled tool and a clear tube visible on the right side.

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Managing Foot & Ankle Pain Naturally

A Free Guide to
Managing Foot &
Ankle Tension

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**Thank you for
respecting the
hard work for the
author**

Medical Disclaimer

Consult with a clinician in your care

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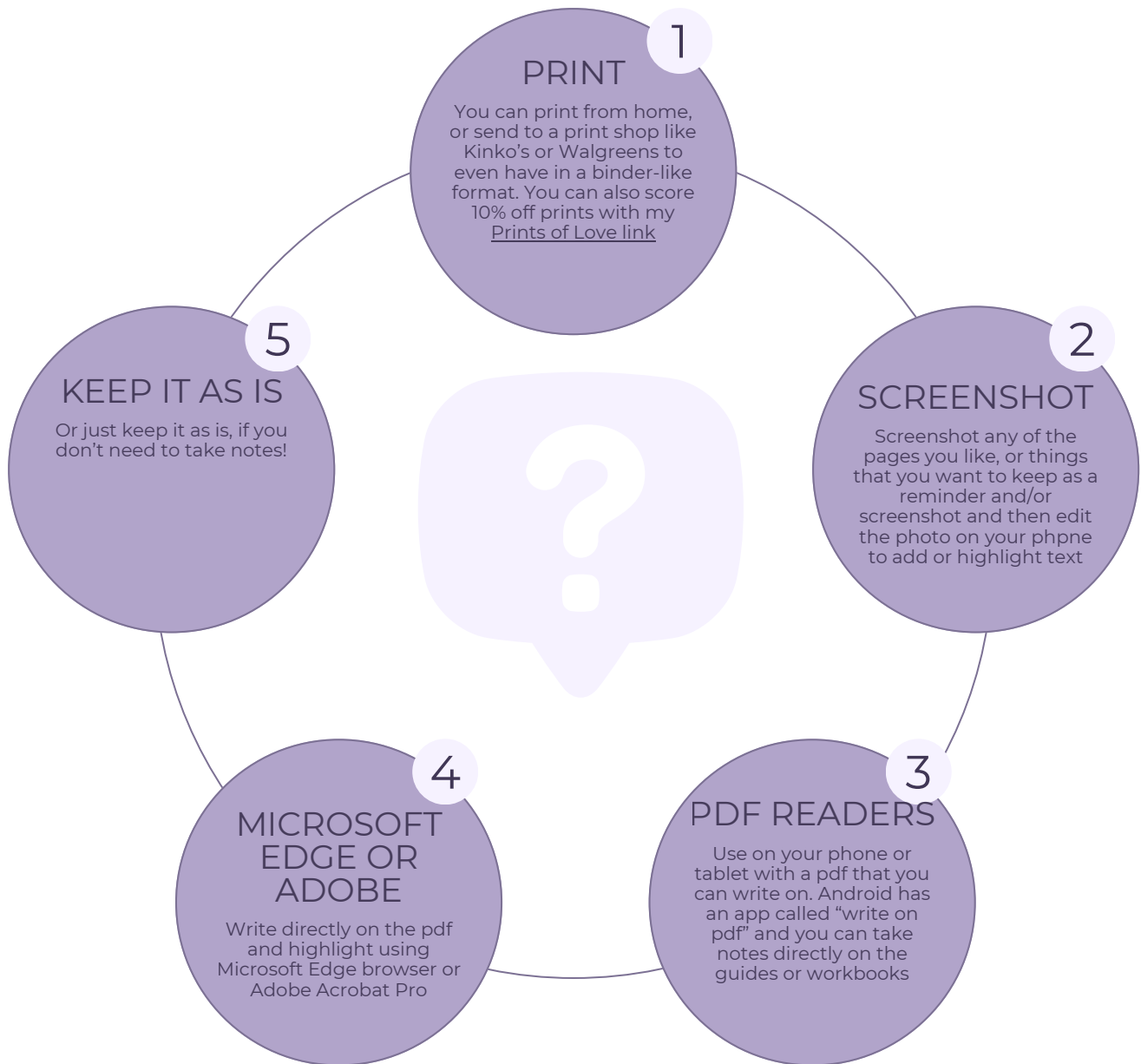
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Ways You Can Use This Guide: Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



01

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Introduction

A brief look at the occurrence of ankle and foot pain



Welcome to Managing Foot & Ankle Pain Naturally

Foot and ankle pain is one of the most common complaints I see in the clinic. Whether it's plantar fasciitis, an old ankle sprain, or aching arches after long days on your feet — pain can leave you stiff, limited, and frustrated.

While braces and painkillers may dull the ache, they rarely solve the root problem. True healing comes from retraining your movement, releasing hidden restrictions, and addressing how your entire body is contributing to your pain.

This guide offers simple strategies you can start today — plus a look at why Releaseology's approach is different.



The Best Part?

Releaseology combines all of these perspectives — physical, neurological, and emotional — to give you a truly comprehensive look at your pain. Many of my clients see significant changes in as little as **1-5 visits**.



My Ankle/Foot Story

I know firsthand how frustrating foot and ankle pain can be. For years, I sought out specialists and even consulted trusted colleagues for my own stubborn heel pain. The surprising truth? **My pain wasn't coming from my heel at all.**

It traced back to my inner thigh, which was changing how I landed on my heel with every step. This began after I fractured my ankle in a major car accident and had to wear a walking boot. I remember complaining that my hip hurt the entire time — and sure enough, the boot had completely shifted my hip alignment.

But it wasn't just physical. The accident left me out of work for months, navigating lawyers, collections agencies, and the financial strain of being only nine months into my career as a new grad. That stress created an emotional imprint that deepened my pain experience.

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Exercises For Ankle & Foot Pain

Gentle movements for support

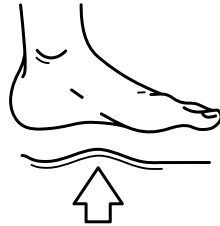
Traditional Foot & Ankle Exercises

These are traditional exercises and can be helpful.



Foot Wave

Sitting or laying down. Like you're going to point and flex your toes, make a smooth wave. Starting with your toes, forefoot, midfoot to hindfoot then back up. Try to make this as smooth and flowy as possible. 10x



Short Foot Exercise

In standing, focus on lifting the arch of your foot without curling your toes. This is hard, I know! Perform 10x and hold 5 seconds each



Calf Stretch

Lunge into a wall, keeping the back heel to the floor 3 times for 30 seconds each side. The BEST calf stretch can be seen in my video [here](#)

Why Releaseology's Approach is Different

When I assess your ankle and foot pain, I don't just focus on tight muscles. I look at how your nervous system, pelvis, hips, and even eyes might be compensating. **If one area is underperforming, your ankle and foot often works overtime, leading to tension and pain.** My work is about retraining your system, restoring balance, and helping your body support healing at its core. **Releaseology assesses all of these things often in the first 1-2 visits**

Scroll to the end for more info or book an **in-person or virtual session** with me at www.releaseology.com/booknow



03

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Supplements & Topicals

My favorites, plus discounts!

Recommendations for Supplements and other Products

Magnesium Lotion

Magnesium changed my life. I used to suffer from chronic charley horses, and it's saved me at a time I thought I might need the ER - I applied magnesium lotion, went to bed, and woke up pain-free — the pain never returned. Magnesium is essential for muscles to contract and relax. Trace Minerals brand is topical so it won't upset your bowels or make you drowsy. While it doesn't help if pain comes from a stuck joint or nerve, for muscle-related pain and tension it's one of my most powerful tools.

Moist Heating Pad

I always recommend a moist heating pad over a regular one. Moist heat penetrates deeper into the muscles, increases circulation, and relaxes tension much faster than dry heat. A regular heating pad can sometimes just warm the surface, but moist heat helps soften stiff muscles and prep the body for stretching or release work. It's one of my favorite simple tools for any pain. Thermophore has been my favorite brand for awhile and their products have lasted me several years. But you can just search moist heating pad on Amazon

Essential Oils

Don't overlook the benefits of essential oils. In regards to pain: peppermint, lavender and eucalyptus would be great! I love Plant Therapy because the quality and price point are great, plus they have their oils in hair sprays, roll-ons, candles, muscle aid body cream and so much more!



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Weekly Reset Plan for Foot & Ankle Pain

Maintain consistency and overcome setbacks



Consistency beats intensity. Try this simple reset to keep ankle and foot pain under control:

1

Daily (5 minutes)

Choose 2-3 exercises of the following (take just 5 minutes per day)

- Short Foot Exercise
- [Calf Stretch](#)
- Ankle Waves
- Single Leg Balance
- Toe Curls and Toe Lifts

2

2-3x Weekly

Use a [moist heating pad](#) or a warm foot bath and/or [magnesium lotion](#) to help your muscles recover

3

Weekly (15 minutes)

Set aside 15 minutes for a nervous system reset. You can add deep breathing, humming, splashing your face with cold water and/or check out the free exercises I post on my [YouTube!](#)

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Hidden Contributors of

Foot and ankle pain

Hidden Contributors to Ankle & Foot Pain

Most people assume pain is only from local injury or poor footwear. But in reality, pain often starts elsewhere:

Scar Tissue

Scars from surgeries or injuries can create fascial restrictions that pull through the spine and limit movement. Scars also heal over nerves and arteries affecting nerve conduction and blood flow

Eyes & Balance

Vision or vestibular dysfunction shifts your gait and balance.

Jaw & Hyoid

TMJ dysfunction or hyoid restriction alters cranial nerve function, swallowing, and head posture — creating compensations that extend down the chain to the ankles and arches.

Diaphragm & Breathing

Poor breathing alters posture and foot loading via fascial lines.

Ligaments

Overstretched or injured ligaments disrupt the body's stability signals, often causing protective tightness in the ankle, not allowing it to move properly.

Tongue

In midwife teachings, they talk about the connection between the tongue and jaw and the pelvis. A tight jaw shifts the alignment in your pelvis which would ultimately affect the load on your ankles and feet

Smell

Loss or dysfunction of smell affects cranial nerve pathways that influence balance, coordination, and body awareness, sometimes showing up as changes in gait and foot loading.

Why This Matters:

When one area underperforms, your feet pick up the slack. Over time, this creates plantar fasciitis, ankle sprains, or chronic pain. At Releaseology, I address these root contributors so your body can finally heal.

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More Resources

More resources to support your healing journey

My Self-Paced Nervous System Courses

Nervous system work is important to ankle/foot pain because when in a fight/flight mode your ankles/feet need to respond instantaneously. If your body is misreading a true “running from a lion threat” it causes misfire in the brain. Nervous system work also just puts your spine at more ease and strain on your back.

Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$97 for lifetime access

Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$197 for lifetime access

Pay as low as \$35/month with a payment plan

Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

\$347 for lifetime access

Pay as low as \$60/month with a payment plan

Nervous System Foundations

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the NeuroFIT App
- choose your duration of commitment 1, 2 or 3 months

\$3000 per month

Pay as low as \$515/month with a payment plan



Want More?

If you liked this guide, I am always working on more resources

For the most up-to-date guides, head to:

www.releaseology.com/fitness-resources

Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.

HSA cards accepted for AZ appointments only

06

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About the Author

What makes Releaseology different

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

Let's Release Your Body's Own Healing Potential



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