

BACK & NECK · A FRIDO NUGGET FROM YOUR PHYSIOTHERAPIST

Did you know your feet can help your back and neck pain?

Your body works as one chain, and your feet are the first link. When they roll in, your knees, hips and back turn with them. Here is how to check your feet, how to make them stronger, and your three-step plan.

Name _____

Physiotherapist _____

Date _____ Next visit _____



Watch first

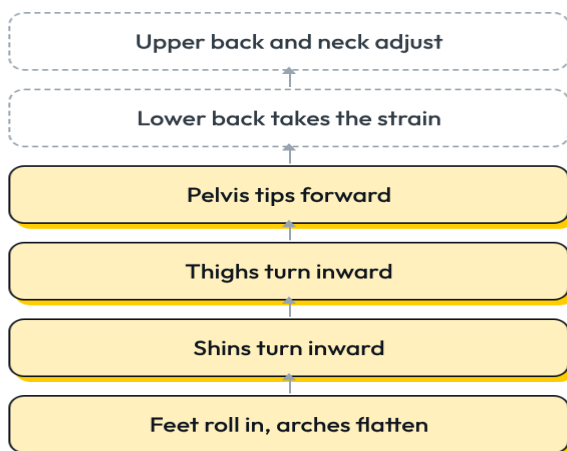
Scan to watch the 1:59 video that explains it.

01 Your body is one chain

Every step you take sends force up through your body: foot, shin, knee, thigh, hips, spine and neck. When your feet roll in and your arches flatten, your shins and thighs turn inward and your hips tip forward.

Your feet steer your pelvis; above it, the link weakens

What happens up the chain when the feet roll in, read from the bottom up



Plausible, but the evidence is mixed

Betsch 2011, Burk 2020

Measured in standing studies

Khamis 2007, Khamis 2015

Your feet steer your hips. Higher up, your back and neck depend on lots of other things too.

02 What your feet can do to your back

Back pain is the world's biggest cause of disability. In a large study, women whose feet rolled in as they walked were about 50% more likely to have low back pain.

Your neck is at the far end of the chain, so your feet matter less there. Give your neck its own care: keep using it normally, and take breaks from sitting.

03 Check your feet at home

- 1 **Stand on one leg.** Barefoot, arms crossed, next to a wall; time your best of 3 tries. Typical times are about 45 seconds under 40, 41 seconds at 40 to 59, 32 at 60 to 69 and 21 at 70 to 79. Well under yours means your feet need work.
- 2 **Look in a mirror.** Stand barefoot. Do your arches flatten and your knees turn in?
- 3 **Lift your big toe.** Keep the other toes down, then swap. If they all move together, start the exercises below.

Check again after 6 weeks of exercises.

04 Make your feet stronger

Train your feet like any other muscle: a few minutes a day, for more than 6 weeks.

- 1 **Short foot:** pull the ball of your foot toward your heel without curling your toes. 3 to 5 times.



[Watch how:](#) scan with your phone camera

- 2 **Toe control:** lift your big toe, spread your toes, pick up small things with them. 5 times each.



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- 3 **Heel raises:** hold onto something, rise onto your toes, then rock back onto your heels.



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- 4 **One-leg stand:** fingertips on a wall, 5 to 10 seconds, 3 times each side.



[Watch how:](#) scan with your phone camera

Go for a walk too: walking is one of the best things for back pain.

05 Your three-step plan

1. Calm the pain so you keep moving. Heat on your back or neck for 20 minutes at a time. Use a back belt only for heavy jobs during a bad spell, not all day.

2. Sit and sleep level. Support the curve of your lower back when you sit, stand up often, and use a low, firm pillow that keeps your head level.

3. Build your base. Do the foot exercises every day. If your feet roll in, an arch insole can support them while they get stronger, but wear it with the exercises, not instead of them.

STEP 1

Relieve

Calm a flare enough to keep moving



Orthopaedic Heating Belt
Electric heat on a timer for the lower back
₹2,599 ~~₹3,500~~



Hot and Cold Therapy Belt
A gel belt you microwave or freeze
₹1,299 ~~₹1,500~~



Five Finger Neck Massager
Heat and kneading for the neck
₹3,999 ~~₹5,000~~



Lumbo Sacral Belt
For heavy tasks during a flare, not all-day wear
₹1,299 ~~₹2,405~~

STEP 2

Restore

Keep the chain level through sitting and sleep



Cloud Seating Combo
Seat cushion plus a backrest for the lower back's curve
₹3,349 ~~₹6,108~~



3D Posture Plus Ergonomic Chair
Adjustable lumbar support for desk work
₹17,499 ~~₹30,000~~



Ultimate Mattress Topper
A memory-foam layer for a very hard bed
₹4,409 ~~₹7,599~~



Ultimate Cervical Pillow
Two heights; pick the one that keeps your head level
₹1,199 ~~₹2,500~~

STEP 3

Reinforce

Build the base so the chain starts straight



Arch Support Insoles
Semi-rigid support for feet that roll in, worn with the exercises
₹1,299 ~~₹2,799~~



Barefoot Shoes
Zero-drop sole and a roomy toe box; build up over weeks
₹3,899 ~~₹6,000~~



Portable Balance Trainer
A cork kit with two half-domes: a harder one-leg stand
₹2,299 ~~₹4,000~~

Prices as listed on myfrido.com on 16 Oct 2026; check the product page for today's price.

✓ Your 14-day tick sheet

Tick each day you did it. Bring this to your next visit.

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Short foot														
Toe control														
Heel raises and toe rocks														
One-leg stand														
A walk														
Back or neck pain (0 to 10)														

06 When to see a doctor

Get emergency help for back pain with pain, tingling, weakness or numbness in both legs, numbness around your genitals or bottom, changes in peeing or pooing, chest pain, or pain after a serious accident.

See a doctor urgently if you have a fever or feel unwell with it, or the pain is severe and getting worse quickly. For neck pain, get help quickly for pins and needles in both arms or legs, weakness, poor balance or trouble walking.

Notes from your physiotherapist

This guide explains how your feet connect to back and neck pain in general terms. It is not a diagnosis. Follow the advice of your physiotherapist or doctor. Frido's products support your feet, your seat and your sleep; none of them cures back or neck pain on its own, and none replaces staying active and exercising.