

# Ways To Relax YOUR FEET When Pregnant



## 1. Compression socks

- Use 25–20mmHg knee-length compression socks to get relief from leg aches.
- Avoid socks that have a tight band at the top.



## 2. Cold water

- Immerse your feet in cool water (not ice cold) for about 20 minutes a few times per week.
- It reduces swelling or general uneasiness of the feet.



## 3. Epsom salt foot soak

- Add half a cup of Epsom salt to a large bowl of warm water.
- Soak your feet for about 15 minutes to relieve foot aches and swelling.



## 4. Exercise

- Stretch your feet and bend them up and down for 30 repetitions.
- Move your feet left and right at the ankle. Do the exercise once a day.

## References

1. 5 ways to manage swollen legs and feet during pregnancy; UT Southwestern Medical Center
2. 7 Natural Ways to Reduce Swelling in Your Feet While Pregnant; RMC Health System
3. Swollen ankles, feet and fingers in pregnancy; NHS