

WELCOME

Why This 5-Minute Routine Can Make a Real Difference

Before you press play on your NeuroSound session...

There is something powerful you can do in just five minutes.

Your lower legs and calves are sometimes called your "second heart."

Why?

Because every time those muscles contract, they help push blood upward — assisting circulation back toward the heart and improving overall blood movement throughout the body.

When you sit for long periods, blood can pool in the lower legs and feet.

Circulation slows.

Tiny vessels — the very ones responsible for nourishing your nerves — receive less movement support.

For someone experiencing burning feet linked to restricted circulation, that matters enormously.

This short routine gently activates:

- The calf muscles
- The ankle joints
- The small stabilising muscles in the feet
- The sensory nerves responsible for feedback

It works like a primer.

Think of it as warming up the engine before driving.

You wouldn't expect your car to perform at its best on a freezing morning without warming it up first.

Your circulation is no different.

When you do this routine immediately before your NeuroSound session, you:

- Encourage blood movement into the lower legs
- Help vessels respond more effectively
- Reduce stiffness from inactivity
- Prepare your nerves for stimulation
- Potentially enhance the effectiveness of your session

This is not strenuous exercise.

It is safe, seated-friendly movement designed specifically for people managing neuropathy symptoms.

It requires no equipment beyond a chair and (optionally) a small ball.

And it takes less time than making a cup of tea.

Let's begin.

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HOW TO USE THIS ROUTINE

- Perform it seated in a sturdy, stable chair
- Keep both feet supported
- Wear comfortable clothing
- Loosen tight shoes if possible
- Move slowly and gently
- Breathe normally — do not hold your breath

You may notice:

- Gentle warmth
- Slight tingling
- Mild muscle activation
- A feeling of "waking up" in your feet

That is circulation improving.

None of the movements should cause sharp pain.

If something feels uncomfortable, reduce the range of motion or pause.

Now we start.

1. Ankle Pumps

Wake Up Lower-Leg Circulation

Purpose:

Activate the calf muscle pump and begin encouraging upward blood flow.

How to do it:

1. Sit tall in your chair with both feet flat on the floor.
2. Lift your toes upward while keeping your heels pressed down.
3. Then lower your toes and lift your heels.
4. Continue alternating this motion smoothly and steadily.

Duration:

- 30–60 seconds
- Slow and controlled rhythm

What you may feel:

- Mild warmth building in your calves
- Gentle tightening and releasing of muscles
- Slight awareness returning to your feet

Why it helps:

Each upward and downward motion activates the calf muscles — which assist circulation by pushing blood upward from the lower legs.

This is especially helpful if you've been sitting for long periods.

2. Toe Taps

Stimulate the Front of the Lower Leg and Foot

Purpose:

Activate muscles that lift the foot and stimulate small nerve pathways.

How to do it:

1. Sit with heels planted firmly on the floor.
2. Lift the front of your feet (toes and ball of foot) upward.
3. Lower them gently back down.
4. Continue in a steady, controlled tapping motion.

Duration:

- 20–30 seconds
- Rest briefly
- Repeat once more if comfortable

What you may feel:

- Light muscle activation along the shin
- Slight increase in sensation in the toes

Why it helps:

These muscles are often weakened when circulation is reduced.

Activating them supports blood movement and improves neuromuscular communication between brain and foot.

3. Seated Marching

Encourage Deeper Circulation Through the Legs

Purpose:

Increase overall lower-body circulation safely and comfortably.

How to do it:

1. Sit tall with your back supported.
2. Lift one knee toward your chest (even a few inches is enough).
3. Lower slowly.
4. Lift the other knee.
5. Continue alternating as if marching in place.

Duration:

- 30–60 seconds
- Move at a comfortable pace

What you may feel:

- Slight rise in heart rate
- Gentle warmth spreading upward from feet
- Increased leg engagement

Why it helps:

Larger muscles require more blood flow.

When activated, they help increase overall circulation through the lower body — indirectly supporting the smaller vessels in the feet.

4. Ankle Circles

Improve Joint Mobility and Micro-Circulation

Purpose:

Promote flexibility and prevent stiffness in the ankle joint.

How to do it:

1. Extend one leg slightly forward.
2. Slowly rotate your ankle in a wide circle.
3. Make 10 slow circles clockwise.
4. Then 10 slow circles counterclockwise.
5. Switch legs and repeat.

What you may feel:

- Reduced stiffness
- Improved joint freedom
- Mild warmth around the ankle

Why it helps:

Small joint movements encourage micro-circulation around the ankle and foot — areas where blood flow can stagnate.

Improved mobility supports improved flow.

5. Seated Heel Raises

Strengthen the Primary Circulation Assistant

Purpose:

Activate the main calf muscle responsible for assisting blood return.

How to do it:

1. Sit upright with both feet flat.
2. Press the balls of your feet into the floor.
3. Slowly lift both heels upward.
4. Lower them gently back down.

Repetitions:

- 15 slow, controlled repetitions

What you may feel:

- Calf muscles engaging firmly
- Slight warmth spreading through the lower legs

Why it helps:

The calf muscle acts like a pump.

Strengthening and activating it supports consistent blood movement.

6. Tennis Ball Foot Roll

Stimulate Nerve Endings and Local Circulation

Purpose:

Encourage local blood flow and stimulate sensory nerves in the sole of the foot.

How to do it:

1. Place a tennis ball under one foot.
2. Gently roll from heel to toes.
3. Apply light to moderate pressure — never painful.
4. Continue for 1–2 minutes.
5. Switch feet.

What you may feel:

- Increased warmth
- Temporary tingling
- Improved awareness in the sole

Why it helps:

The sole of your foot contains thousands of nerve endings.

Gentle stimulation increases local circulation and sensory engagement.

PUTTING IT ALL TOGETHER

Your 5-Minute Circulation Ritual

The full sequence takes about five minutes.

Perform in this order:

1. Ankle Pumps
2. Toe Taps
3. Seated Marching
4. Ankle Circles
5. Heel Raises
6. Tennis Ball Roll

Then immediately:

- Sit comfortably
- Put on your headphones
- Start your NeuroSound session

You have now:

- Activated circulation
- Stimulated muscles
- Encouraged blood movement
- Prepared your nerves

You are creating a layered approach.

Movement + Sound + Nutrition.

That combination is powerful.

IMPORTANT SAFETY NOTES

- Stop if you feel sharp or sudden pain
- Move gently and with control
- Remain seated if balance is uncertain
- Use a sturdy chair
- Follow your GP's advice if you have medical concerns

This routine is designed to support — not strain — your body.

FINAL THOUGHTS

Small Movements Lead To Real Impact.

You do not need intense exercise.

You need consistency.

Five minutes before each session.

That's it.

When you combine:

- Circulation-supporting nutrition
- Daily NeuroSound sessions
- This 5-minute primer

You stack the odds in your favour.

Circulation improves gradually.

Nerves respond gradually.

Stay consistent.

Your body responds to repetition.