

## HEEL PAIN EXERCISE



### Exercise No. 1

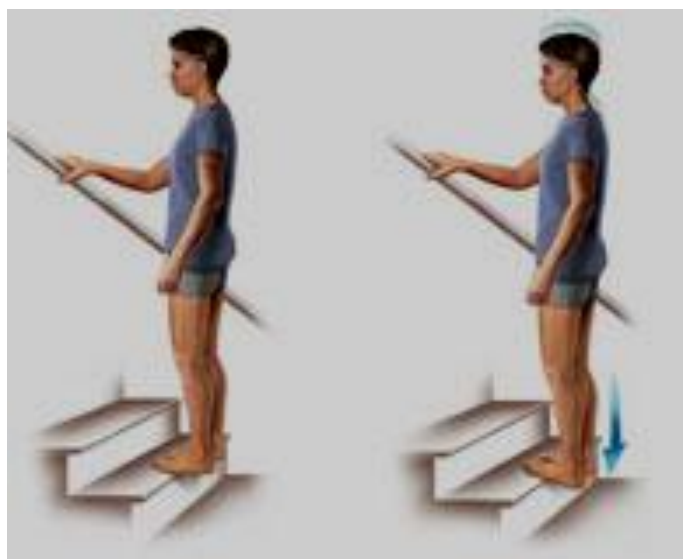
Lean forward against a wall, keeping one knee straight while you bend the other knee. (If both of your heels hurt, then you need to reverse this position after you have exercised each heel. If only one of your heels hurt, the painful heel is placed further away the wall).

As you bend forward, the leg that remains straight is the one that you will be exercising. As you lean forward, you can feel you can feel your heel cord and the arch of your foot stretch. (Try to keep your heel on the ground). **STRETCH AND HOLD FOR 10 SECONDS.** Then relax and straighten up then **STRETCH AGAIN.**

Repeat this 20 times. If your other heel bothers you, then you should stretch this side as well by reversing your position.

### Exercise No. 2

Lean forward as you lean onto a table, chair or countertop. In this exercise, you will flex both your knees. Squat slowly. Try to keep your heels on the ground, as long as you can as you squat down. You will feel your heel cords and the arches of your feet stretch, as your heel finally starts to rise off the ground as you squat down. When you feel these structures **REALLY STRETCHING**, hold that position for 10 seconds. Then **STRAIGHTEN UP.** Repeat this 20 times



### Exercise No. 3

Stand on the bottom step of a set of stairs and balance yourself on the balls of your feet. Slowly lower your heel as low as they will go and until you begin to feel your calf muscles really stretch. Hold that position for 10 seconds, then rise up and repeat this exercise 20 times.

*The following stretching and strengthening exercises are the most commonly recommended exercises by podiatrists and phyiotherapists for heel pain. NOTE: Stretching exercises should create a pulling feeling - they should never cause pain! It's best to do each exercise 2 or 3 times during the day, but you don't need to do them all at once. (If these exercises, combined with wearing an orthotic do not relieve your heel pain, you should consult a podiatrist.)*