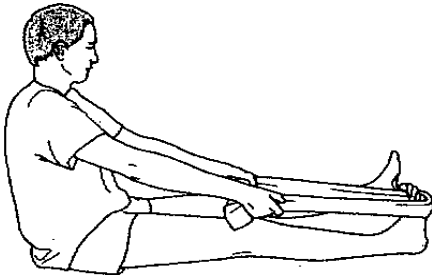


Heel Pain Home Exercises

1. Achilles Tendon and Plantar Fascia Stretch

Loop a long towel around the ball of your foot while keeping your knee straight. Pull on the towel ends with your hands to move your foot passively towards your nose and hold for 30 seconds. You should feel the stretch and sometimes pain on the back of your calf muscles. Repeat these steps 3 times, twice a day.



2. Wall Push-ups or Stretches for Achilles Tendon

Face the wall; put both hands on the wall at shoulder height. Place the unaffected foot in the front and the affected one in the back. Bend the front knee while keeping the back knee straight. Now lean into stretch (towards the wall). Hold in this position for 30 seconds. Repeat this steps 3 times, twice daily. Note that you have to feel the stretch or sometimes pain in the back of your calf muscle.



3. Dynamic Stretching and Icing of Plantar Fascia

Freeze a bottle of water in the freezer. Leaving the frozen bottle on the floor, place the arch of your foot on top while sitting. Roll your foot over the bottle forward and backward, massaging and icing the plantar fascia from the heel to the forefoot. Repeat this motion as tolerated twice daily.

