

Managing Heel Pain With Stretching



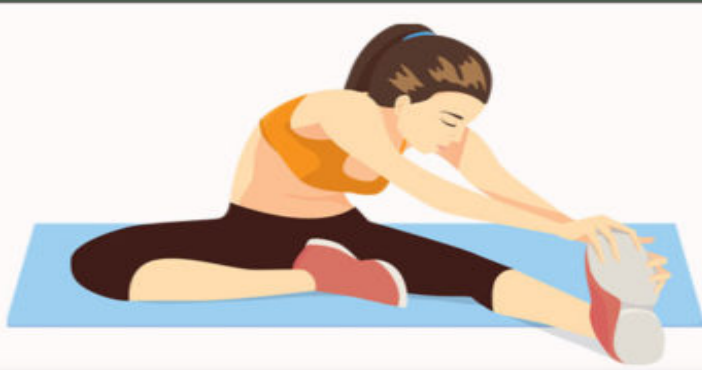
Standing calf stretch

1. Stand straight in front of a wall.
2. Put one leg in front of the other and bend the front leg.
3. Lean forward until you feel a stretch in the calf area of the back leg.
4. Hold for 30 seconds and repeat with the other leg.



Heel raises

1. Stand straight on a plain surface or on an elevated object.
2. Raise your feet, so you're on your tiptoe.
3. Lower down and repeat the movement about 15 times.
4. Try to do it in sets of 3 with a short break between each set.



Sitting plantar fascia stretch

1. Sit straight on the floor.
2. Stretch one of your legs.
3. Grab the toes of your stretched leg and pull them towards you.
4. Hold for about 15 seconds and repeat three times.

References

1. Heel pain (Children); NHS
2. Plantar Fasciitis; Versus Arthritis