

At Home Therapy

Heel Pain Stretches

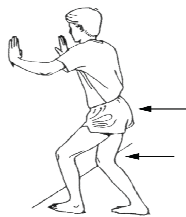
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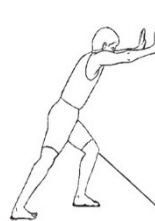
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*Soleus Stretch



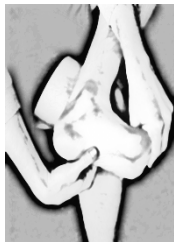
Standing with both knees bent, toes forward, and involved foot back, gently lean into wall until stretch is felt in lower calf. Hold for 30 seconds. Repeat 3 times, 3 times per day.

*Gastroc Stretch



Keeping back leg straight, toes forward, and heel on floor, lean into wall until a stretch is felt in calf. Hold for 30 seconds. Repeat 3 times 3 times per day.

*Intrinsic Muscle Stretch



Sitting with legs crossed and ankle up, pull toes up until a stretch is felt. Hold for 30 seconds. Repeat 3 times, 3 times per day.

*Plantar Fascia Stretch



Standing with ball of foot on stair, reach for Bottom step with heel until a stretch is felt Through the arch of the foot. Hold for 30 seconds. Repeat 3 times, 3 times per day.

*Ice



Freeze a water bottle, and then roll Your foot over the water bottle for 20 minutes 3 times a day, focusing on the heel.