

Heel Pain Handout

There are several conditions that can be responsible for heel pain, including plantar fasciitis and Achilles tendonopathy. Shown below are 4 exercises that, when done on a **regular basis**, will improve your condition. I recommend that these exercises be done 3 times per day (when you first wake up, at noon and in the evening) and 7 days per week. Also, if you are able to exercise or do participate in sporting activities, you should ice the symptomatic area for 15 minutes after the activity and then gently perform these stretches.

Exercise #1 – Towel stretch

Place a towel under the ball of your foot.



Keep your knee straight.
Gently pull the towel and hold for 10 seconds.
Alternate sides. 10 reps each side.

Exercise #2 – Wall stretch

Point affected foot straight ahead.



Keep your heel on the ground, knee straight.
Hold for 10 seconds, alternate sides.
10 reps each side.

Exercise #3 – Modified Wall stretch



Move your affected foot forward.
Bend your knee until you feel a stretch in your calf.
You may feel your quads tighten, but try to isolate your calf. Hold for 10 seconds, 10 reps each side.

Exercise #4 – Stair stretch



Go to step. A ramp or inclination can be substituted.
Gently, lower your heels and feel your calf stretch.
Hold for 10 seconds, 10 reps each side.



Place one finger on the heel portion that hurts &
Place the other hand used to stretch the ankle/toes.
Hold this position until you can feel the stretch.