

*e*volution physical therapy

Top 3 *e*xercises to Help Reduce and Prevent
Heel Pain!

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Plantar Fasciitis (Heel pain)

One of the most common foot and ankle injuries is Plantar Fasciitis, more commonly known as heel pain. It typically presents as pain beneath the heel, most obvious upon weight bearing after a period of prolonged non-weight bearing. It can often make the first few steps in the morning agonizing, as well as limit your ability to walk or stand for extended periods of time. Armed with a little information, you can enjoy the beautiful Fall weather without pain or limitations in your mobility.

Plantar Fasciitis has been reported to occur in up to 2 million Americans each year, and affects up to 10% of the population over the course of their lifetime. It occurs when there is irritation of the band of tissue that runs along the bottom of your foot. Current theories contributing to the development of Plantar Fasciitis include reduced foot and ankle range of motion and flexibility, as well as length of time spent on your feet during the day.

A good starting point in the treatment or prevention of plantar fasciitis includes beginning a tissue specific stretching routine that targets your restricted foot and ankle muscles. Another important thing to look at is footwear. Making sure you have proper cushioning and support is critical for alleviating pressure on the bottom of your foot.

We compiled this **e** book to give you the trifecta of foot and ankle stretching exercises to help reduce and prevent heel pain! Rehabbing an injury is never a one size fits all approach, and in a lot of cases there can be other joint mobility/flexibility and strength deficits contributing to your symptoms. This **e** book gives you a basic framework for addressing heel pain, however, a thorough evaluation of your entire kinetic chain is always most effective for speeding up the recovery process. If you are struggling with pain we would be happy to discuss options for physical therapy treatment. We offer both in office and virtual appointments for your convenience. Give us a call in the office at 475-209-9420 or reply directly to this email to get in touch. In the meantime, we hope that you enjoy our **e** book.

Gastrocnemius (calf) stretch:



Goal: To improve calf flexibility, and ankle dorsiflexion (pulling foot up) to reduce stress on the bottom of your foot.

How to: Stand facing wall. Place one foot back, and point back foot in slightly. Keep the entire foot on the ground during the stretch. Bend your front knee and shift toward the wall to feel stretch in your back leg in the calf. Hold for 30 seconds, and perform 3 times daily.

[Click here](#) for a video tutorial

Soleus (calf) stretch:

Goal: Your Soleus is the deep layer of your calf muscle. Improving flexibility here also assists with improving ankle mobility/flexibility to reduce stress on the bottom of your foot/arch.

How to: Stand facing wall. Place one foot back, though not as far back as with the previous stretch. Your back foot should be angled in slightly as well. Bend both knees as if crouching down to feel stretch in the ankle a calf of the back foot. Hold 30 seconds, and perform 3 times daily.

[Click here](#) to watch a video tutorial



Plantar fascia self-mobilization:

Goal: To loosen plantar fascia prior to standing. Perform this stretch after prolonged sitting and first thing in the morning.

How to: sit with leg crossed over uninvolved thigh. Use one hand to pull big toe and foot/ankle back. While holding stretch, use the other hand to knead/stretch along the plantar fascia (arch of foot). Slowly work from heel to toe applying pressure as tolerated. Perform for 1-2 minutes.



[Click here](#) to watch a video tutorial

If you or someone you know is struggling with heel/foot pain, we would love to help out!

We offer both virtual appointments and in office physical therapy to help meet your needs.

If you are on the fence, or are just looking for more information we also offer a FREE 30-minute discovery visit either in person or virtually to discuss your case and goals.

You can give us a call in the office at 475-209-9420 or reply directly to the email that the **e** book came in.

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