



THE FOOTWORK CLINIC

RAPID HEEL PAIN RELIEF GUIDE

Top 3 Exercises Proven To Ease Heel Pain

A Simple Step-by-Step Guide

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CONGRATULATIONS

On downloading the
"Rapid Heel Pain Relief Guide"

If you are concerned about a current heel pain or one that is developing, you've taken the first step to put your pain behind and reclaim your health.

We'll be showing you the top 3 exercises that have helped our patients to go from waking up every morning with heel pain to enjoy walking barefoot again. They should be the first line of treatment for most heel pain conditions.



To start, all you'll need to do is simply follow the step by step instructions highlighted in this guide, and do them consistently for at least 14 days to get the benefits.

Doing the exercises alone is unlikely to 'cure' a chronic heel pain that has an underlying cause to it, but they will help you get started on recovering from the condition. Follow this guide to the end and we will show you how to get more expert help to get you back to full recovery.

RAPID HEEL PAIN RELIEF GUIDE

Top 3 Exercises Proven To Ease Heel Pain

Hi there, we are Mark and Wei from Footwork Podiatry



With over 2 decades of experience in sports podiatry alone, we have helped thousands of people who suffer from heel pain to regain control of their health with our revolutionary and evidence-based treatment modalities.

We see many heel pain sufferers struggle to take their first step out of bed in the morning. They cannot enjoy the freedom of their feet as they have to wear supportive shoes or orthotics for their pain. Many of these heel pain sufferers had to give up exercise or other activities they loved and therefore fall into an inactive and unhealthy lifestyle rut.

We've seen enough! This is why we have created this guide to help you get out of heel pain and ultimately, help you enjoy exercising without worrying about foot pain. We would love to see you get back doing what you love to do and be able to function normally on your feet again. Does that sound like you?

Read on for more info, including the 3 top exercises you can do immediately to help with your pain.

First, we want you to understand more about heel pain and what to do about it.

What is Heel Pain?

Heel pain is the most common foot problem we see in our sports clinic. Plantar fasciitis (inflammation of the fascial band under the foot) is the most common cause of it.



The typical symptom is the feeling of sharp pain and tightness when getting out of bed in the morning or after prolonged sitting. Some get bruising or aching pain while on the feet during the day and is generally worse towards the end of the day or after exercise.

Other contributing Factors:

- Weight gain
- Over-use
- Poor footwear option
- High arches / Flatfeet
- Foot pronation
- Tight calf muscles

Why do I get heel pain?



There are many triggers for heel pain. However, long-standing of poor biomechanics (structure & movement of the foot & leg) is the KEY factor to develop heel pain. When the joints of your foot and ankle are not functioning in their correct position, the supporting soft tissues such as muscles and tendons would get stressed from compensating. This also includes the plantar fascia under your foot. When the plantar fascia gets overloaded continuously, it would eventually lead to pain, tears, inflammation, and deterioration that presents as a heel spur.



Heel Spur

90% of heel pain sufferers share one common problem...

THE CALF!

Almost all heel pain sufferers, particularly those with chronic pain, they all present with some form of calf tightness or weakness. The calf muscles connect to the Achilles tendon and the plantar fascia under the foot.



Take away tip

Therefore, keeping the calf muscles strong and flexible is the most effective way to reduce stress on the plantar fascia.

One of the biggest mistakes we see in ladies with heel pain...



It is true that most ladies are likely to get some relief of heel pain when they're in higher heel shoes.

However, wearing heels for too long can actually worsen the condition in the long term. Adaptive shortening of the calf muscles over time can cause more tightness in the adjacent plantar fascia under the heel.



Take away tip

If you are unable to walk with flatter shoes or barefoot due to pain, you should try gradually transit to lower heel shoes and start doing some gentle calf stretches. Alternate shoes with a small heel difference every second day is a good way to start.



Heel Pain Management: Tips at home

- Rest your feet by staying off them when your heels are aching
- Avoid walking on hard surfaces barefoot or in thin sole shoes.
- Wear cushioned/supportive shoes as much as possible for a period of time to protect the heel
- Don't wear worn-out shoes



How we help

We specialise in rehabilitative and corrective treatment in the feet. Our treatment approach aims to fix misalignment or soft tissue dysfunctions in the foot and ankle that cause heel pain.

For recalcitrant heel pain, we combine the rehab with Shockwave Therapy -a cutting-edge technology that safely provides immediate pain reduction and long-term healing. Discover more here:



Our hands-on treatment techniques provoke the body's healing response and guide the body to heal better naturally for a true corrective approach.



No orthotics necessary!

Top 3 Exercises for Heel Pain and why you need to do them



When the plantar fascia gets stressed or overloaded for an extended period of time, it becomes weak and tight.

These exercises are designed to release tension and improve strength of the plantar fascia and the supporting muscles. They are very simple and easy to perform at home or in the office. Follow the step by step instructions below:

Exercise #1

Tennis ball roll

WHY

This exercise helps to mobilise the foot joints, relieves the tension in the tendons and muscles under your feet and stimulates blood flow in the area.



HOW

- Put a tennis ball under your heel while sitting on the edge of a chair
- Roll the ball from heel to toes for 5-10 secs
- Now roll the ball around the heel in small circles for 10 secs, then under the arch for 10 secs and under the ball of the foot for 10 secs
- Repeat rolling from heel to toes for another 10 secs

TIPS

Best time to do this exercise is first thing in the morning and last thing before you go to sleep. Repeat at least twice a day, or up to 4-5 times. Put a tennis ball under your desk, bed and/or dining table, when you see the ball you will remember to do it! (be careful the dog may take it!)

Exercise #2

Calf Stretches

WHY

The calf attaches to the back of the heel and forms part of the plantar fascia under the heel. Stretching the calf is probably the single most important thing to do to minimise pain and injury to the plantar fascia.

HOW

- Stand approx. 1m facing a wall in a lunge position with the right foot back and left knee bent.
- Keep the right heel on the floor while keeping the knee straight, now lean into the wall until a stretch is felt in the upper calf



Upper calf stretch

Stretching the lower calf is often the missing part of heel pain rehab. Start with the same lunge position as above, but put the feet closer to each other, and have the back knee slightly bent (approx. 10-20 deg). A stretch should be felt in the lower calf /Achilles tendon closer to the ankle



Lower calf stretch

TIPS

Repeat 3-4 times throughout the day. A good time to stretch is after walking or exercising while the muscles are warm. Stretch before you sit down after spending time on your feet. **HOLD** the stretches for at least 40 secs, and **DO NOT** bounce.

Exercise #3

Heel Raises

WHY

This exercise engages and strengthens the foot and leg muscles to reduce strain in the plantar fascia. The leg is part of the foot, as all the leg muscles attach to different areas of the foot. Keeping the leg muscles strong and flexible is the key to minimise any foot pain and injuries.

HOW

- Stand with your feet comfortably apart
- Rise up to the ball of your feet as high as you can
- **HOLD** for 3 secs at the top
- Use 3-4 secs to come back down **SLOWLY**
- Repeat 6-10 reps for 3-4 sets, once or twice per day



TIPS

Focus on the **HOLDING** at the top and coming down **SLOWLY**. Touch the wall with a finger for balance (don't lean on the wall).

You can do a sperate set by keeping a tennis ball in between the heels/ankles to reinforce strengthening the arch muscles.



Your next step...

If you have trouble doing the above exercises or experience no difference after 14 days, your problem may be bigger than what these exercises alone can help. Use this simple checklist to see if you need more expert help with your heel pain.

- Do you get sharp pain after periods of rest or with your first step in the morning?
- Do you get referred pain to the arch of the foot with increased amount of time on your feet?
- Does your heel pain have a 'burning, tingling or numbness' quality to it?
- Do you have pain in your heel(s) at night when you are not on your feet?
- Do you get cramps, pain and/or tightness in your calf?
- Is your heel pain affecting or stopping what you love to do?

If your answer is “yes” to one or more of the above questions, it is recommended that you see one of our specialist sports podiatrists as early as possible to avoid the condition from deteriorating.



For downloading this guide, you have the opportunity to get a **GAP FREE Expert Heel Pain Assessment** with the team at Footwork Podiatry. This involves an assessment with one of our sports podiatrists who specialises in heel pain to diagnose your pain, find out the cause of it and come up with a tailored treatment plan to help you make walking comfortable again



[CLICK HERE](#)
[to find out more](#)

If you have experienced some relief with this guide, that's Good news! Share the experience with us on Facebook.



If you would like to have further improvement, PLEASE email us or send us an instant message on Facebook, simply type "Please send me more proven exercises for heel pain".



Email us



Send us an instant message

Your Pain may be just the tip of an iceberg

We are the heel pain experts

Our hands-on manual therapy techniques help to eliminate pain and address the underlying cause of it. Studies have clearly demonstrated that manual therapy improves function and reduce symptoms in heel pain patients, particularly when combined with rehabilitative exercises.



If your heel pain is not improving with the exercises above, an expert assessment is important to identify the cause of the pain. This allows you to receive the right treatment to achieving a solution. We see many heel pain left untreated for too long and eventually cost more treatment time and effort to recover from it. Take action early to avoid the condition to deteriorate and affect your lifestyle.

CLICK HERE



GIVE US A CALL



Disclaimer: The information contained in this guide is provided in good faith and is not intended to be nor is it to be used as a substitute for any sort of professional, medical or podiatric advice. An accurate diagnosis can only be made following a personal consultation with a podiatrist.