

## Heel Pain Exercise

#Podshealheels #Highpeakheelpain #Plantar fasciitisnewmills



✿ Holding your toes with the opposite hand pull them towards you at the same time as flexing your ankle towards you



✿ Alternatively, you can sit on the bed or floor and use a theraband, scalf or belt to pull your toes towards you.



✿ Standing, with your knee relaxed and slightly bent, place your toes against the wall.



Videos on how to complete these exercises are available on **YouTube** at Stepwise Podiatry New Mills



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✿ Start standing with your arms straight and with your hands on the wall, upper body relaxed and head facing forwards.

✿ Next, take a couple of steps back placing your feet straight and heels on the floor.

Let your hips fall towards the wall and feel the stretch in your calf muscles.

Hold this position for 10 seconds.



✿ Finally, raise slowly onto your toes and hold this position for 10 seconds before slowly releasing.

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