

Heel Pain

Home Exercise Program



Gastroc Stretch

Stand on slant board with both feet. Slowly lean forward keeping both heels down on the board as shown. Lean until you feel a slight stretch in the back part of the calves. Remember to keep your knees straight.

If no slant board available - do the standing calf stretches below.

Repeat	5 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



Soleus Stretch

While standing on slant board with both feet, slightly bend your knees. Slowly lean forward keeping both heels down on the board as shown. Lean until you feel a slight stretch in the back part of the calves.

If no slant board available - do the standing calf stretches below.

Repeat	5 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # XV2G9N7J6

Repeat	5 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # XVCMP59LH

Repeat	5 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



Eccentric Heel raises

Standing on the edge of a step with something to hold on to lightly for balance, begin by performing a heel raise as high as you can, then take away your "good" foot being sure not to let your other heel drop immediately, then slowly lower down all the way. As soon as you reach your bottom most point, do another heel raise with both and repeat.

To simplify this, just think "up with 2, down with 1"

Repeat	15 Times
Complete	2 Sets
Perform	1 Times a Day



TOWEL CURLS - TOWEL SCRUNCHES

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

Video # XVG5EAXGS

Repeat	3 Times
Complete	1 Set
Perform	1 Times a Day