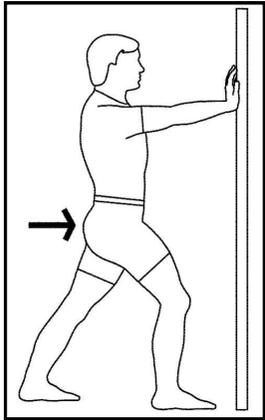
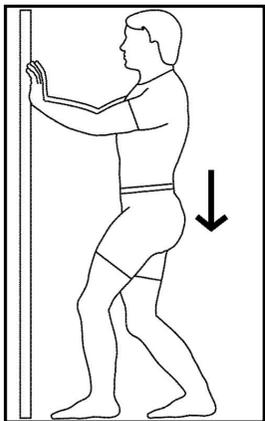


Stretching Exercises

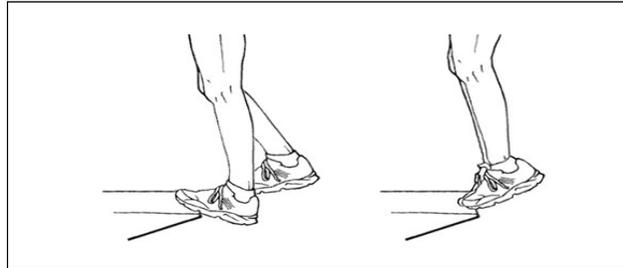


- Step forward with foot of uninvolved leg, back foot slightly turned in, maintain arch of back foot leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Hold exercise for 30 Seconds. Repeat 4 times twice a day.



- Maintaining the above position.
- Slowly bend both knees, keeping heels on the floor, until a stretch is felt.
- Hold exercise for 30 Seconds. Repeat 4 times twice a day.



- Standing with only the unaffected forefoot on the edge of the bottom step with hands positioned on hand rail to provide support.
- Raise the unaffected heel up, rest the affected foot onto the step in the same position.
- Lift the unaffected leg away and lower your weight slowly back down with the affected leg until the calf is on a full stretch (see first picture above).
- If both legs are affected, alternate the leg which you wish to stretch and repeat. Increasing repetitions as able.

If you have any queries please contact the Physiotherapy Departments at:

Daisy Hill Hospital Tel: 028 37562935
 Craigavon Area Hospital Tel: 028 37563025
 Armagh Community Hospital Tel: 028 37414524
 South Tyrone Hospital Tel: 028 37565545
 Physiotherapy Musculoskeletal Services July 2018 DMcM

Heel Pain Plantar Fasciitis



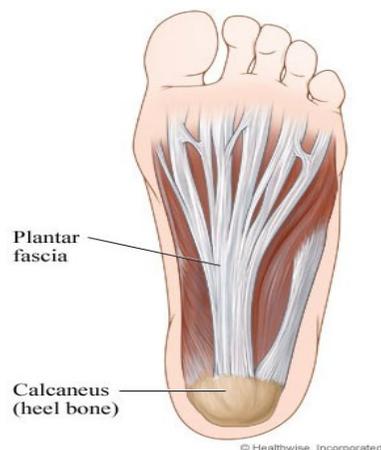
© 2016 Healthwise

HSC Southern Health
and Social Care Trust

Quality Care - for you, with you

Heel Pain

Plantar Fasciitis or plantar heel pain is relatively common, affecting 10% of the population within their lifetime.



How does it present?

The pain tends to present as a gradually developing sharp pain at the inside of the heel.

The symptoms appear worse in the morning on taking the first steps when getting out of bed, following periods of inactivity and at the beginning of carrying out exercise.

It typically eases with increasing activity but can appear worse as the day goes on.

What Can I do?

Most cases of plantar heel pain resolve with time and making a few simple changes:-

- Stretching—see overleaf
- Over the counter orthotics which support the arch and cushion the heel
- Shoe rotation in work for patients who stand for long periods.
- Footwear which demonstrates good stability (see below)
- Avoiding time spent barefoot

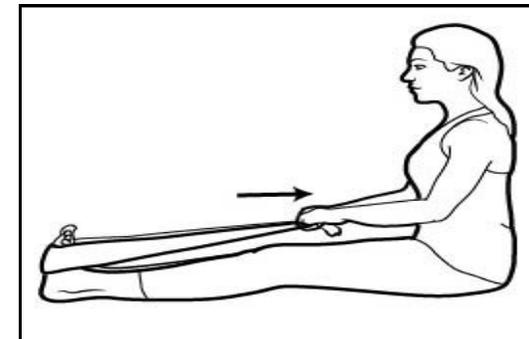


What other treatment is available?

Your physiotherapist will always begin with the advice already mentioned and in most cases this will be enough to settle your symptoms. However, some other interventions may add to this if symptoms persist:-

- Soft tissue mobilisation
- Taping
- Assessment by Podiatry for insole therapy

Stretching Exercises



In long sitting, using a towel around the ball of the foot, stretch your toes towards your nose. Hold 30 seconds. Repeat 4 times, twice a day.