



Dr. Sam Scott, DPM
(276) 596-9346 ; (276) 935-2277
Locations in Richlands, Bluefield, and Grundy Virginia

Heel pain exercises: before getting out of bed

Plantar Fasciitis causes many people to experience intense heel pain in the morning, when taking the first steps after getting out of bed. This pain comes from the tightening of the plantar fascia that occurs during sleep. Stretching or massaging the plantar fascia before standing up will help reduce heel pain.

- 1) Stretch your foot by flexing it up and down 10 times.
- 2) Grab a rolled towel at both ends, holding it under the ball of your foot. Gently pull the towel toward you while keeping your knee straight. Hold this position for 15 to 20 seconds. Repeat 3 times.



Heel pain relief exercises: during the day

Calf Stretch

Stand facing a wall with your hands on the wall at about eye level. Put the leg you want to stretch about a step behind your other leg. Keeping your back heel on the floor, bend your front knee until you feel a stretch in the back leg. Hold the stretch for 15 to 20 seconds. Repeat 4 times.



Achilles Tendon Stretch

Stand on a step as shown. Slowly let your heels down over the edge of the step as you relax your calf muscles. Hold the stretch for about 15 to 20 seconds, then tighten your calf muscle a little to bring your heel back up to the level of the step. Repeat 4 times.



Hamstring Stretch

Extend one leg in front of you with the foot flexed. Bend your other knee and lean back slightly. Your pelvis should be tilted forward. Keep your upper body upright as you hold the stretch for 10-20 seconds, then switch sides. You should feel the stretch up the back of your extended leg (all the way up your calf and thigh).



Arch Stretch

Fill a plastic water or soda bottle 3/4 full with water and freeze. While seated, roll the bottle with the arch of your foot.

Marble Lifts

Place marbles on the floor next to a cup, as shown. Using your toes, try to lift the marbles up from the floor and deposit them in the cup. Repeat exercise 15 times.



Do not start the day walking barefoot on hard floors or tiles, or your heel pain will return.

IMPORTANT: These stretching exercises *should not cause pain*, but rather a pulling feeling. Try to do each exercise 2 or 3 times during the day; not necessarily all in one sitting.