

Heel and calf exercises

Heel pain



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 First-step morning stretch



BEFORE you stand up. Sit on the edge of the bed, loop a towel round your toes and pull them back. This is the most important one.

Hold 30 seconds**3 times, before first step****✓ Should feel**

A stretch under the foot

✗ Should not feel

Sharp pain

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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm**Virar East** 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Calf stretch, knee straight



Hands on a wall, back leg straight, heel down.

Hold 30 seconds

3 each side

✓ **Should feel**

A stretch in the upper calf

✗ **Should not feel**

Pain in the heel



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3

Calf stretch, knee bent



The same position but bend the back knee slightly.

Hold 30 seconds

3 each side

✓ **Should feel**

A stretch lower down

✗ **Should not feel**

Sharp pain



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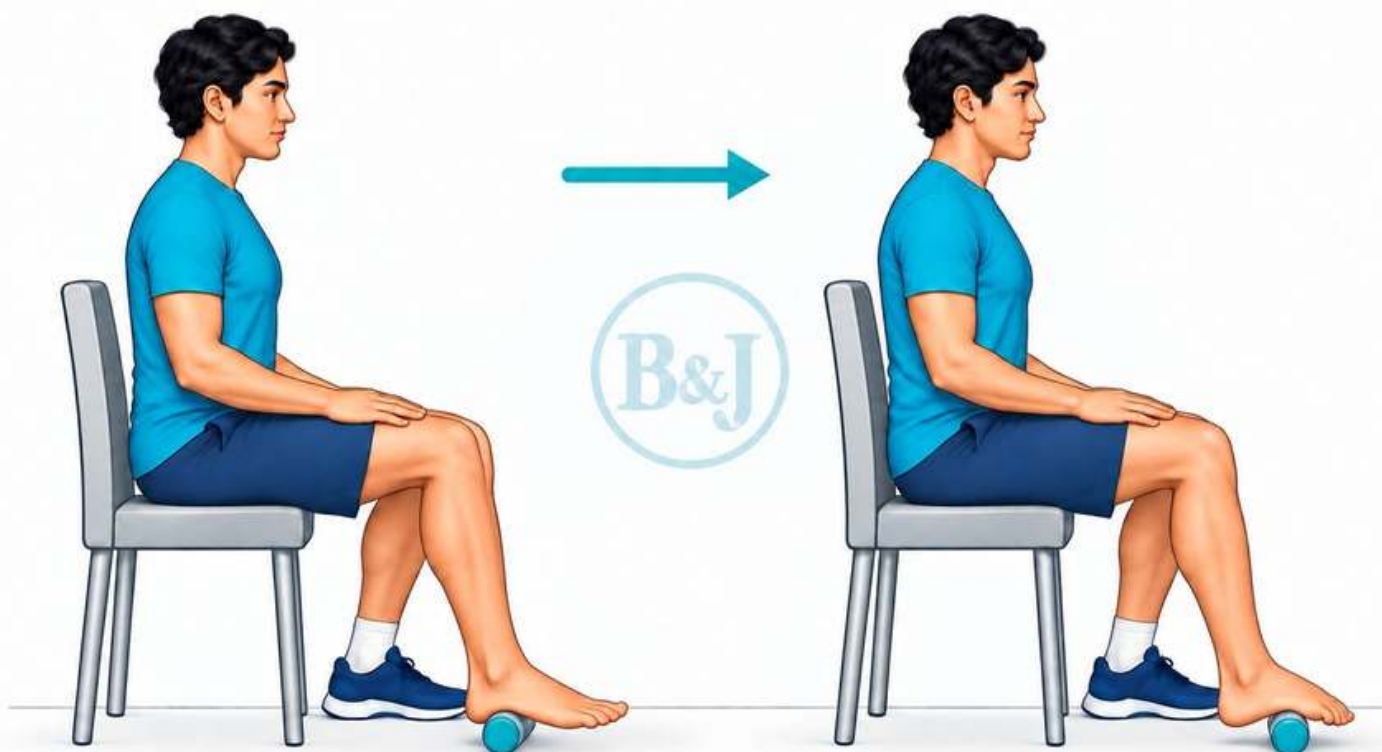
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4

Rolling the sole



Roll the sole of the foot over a cold bottle.

2 minutes

Evenings

✓ **Should feel**

Relief under the heel

✗ **Should not feel**

Bruising pain



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5

Towel toe curls



Scrunch a towel towards you with the toes.

10 times

Daily

✓ **Should feel**

The small foot muscles working

✗ **Should not feel**

Cramp

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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