

4 Step Guide To Treating Heel Pain

Heel pain is the most common problem we see and a lot of heel pain cases can be treated simply by following this 4 step guide each day. It's quick and easy!

So just to be clear, we are talking about heel pain on the bottom of your foot. Sometimes known as heel spurs or plantar fasciitis. You probably feel it mostly first thing in the morning when you get out of bed or after you have sat down for a while. It tends to "warm up" as you walk on it...thankfully!

So let's get started....

1. The Calf Stretch [Picture]

Chances are the cause of your heel pain is simply tight calf muscles. The lack of flexibility can put excessive strain on the foot leading to heel pain. This one is simple. With a straight knee, drop your heel off the side of a step (The foot that's sore, BTW). You should feel some tightness in the back of your lower leg, even your heel. Don't bounce, it stretch for 60 secs. Then do the other leg.



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2. The Foot Stretch [Picture]

This one stretches your plantar fascia, one of the main structures causing your heel pain. Simply grab hold of your big toe, and bend it back towards you. You should feel it stretch the bottom of your foot. Hold it for 30 seconds.

3. Get Some Ice on it

At the end of the day, get some ice on your heel. Use a frozen bottle of water, a bag of ice, ice pack or even frozen peas. Just put the ice directly on the site of pain. You might need to use a towel if its getting too cold. leave it on for 10-15 minutes. Repeat after 10-20 minutes if you want.



4. Self Massage



Get stuck into the sore area with your fingers, a tennis ball or golf ball or a spikey massage ball. If you're using a ball simply roll your foot around on the ball pushing down hard, mainly focusing on the sore area. Stick at it for 5-10 mins. No pain, no gain.

And there you have it, 4 simple things you can do to either cure your heel pain or at least give yourself some relief. Of course, some causes of heel pain are a bit more complicated and won't respond to this plan.

If your problem is more serious and starting to impinge on your lifestyle, Podiatry First Sports is currently offering a NO GAP initial assessment (VALUE \$160) with one of our expert Podiatrists.

This assessment includes:

- Comprehensive History
- Complete assessment of Feet and legs
- Walking and Running analysis
- Diagnosis Explained
- Detailed Treatment Plan

*Special offer also available to clients without Health Funds

We guarantee you will walk out in less pain than you came in with!

Call now on 82322268 (CBD) or 83472043 (West Lakes) and mention this offer to make an appointment.

