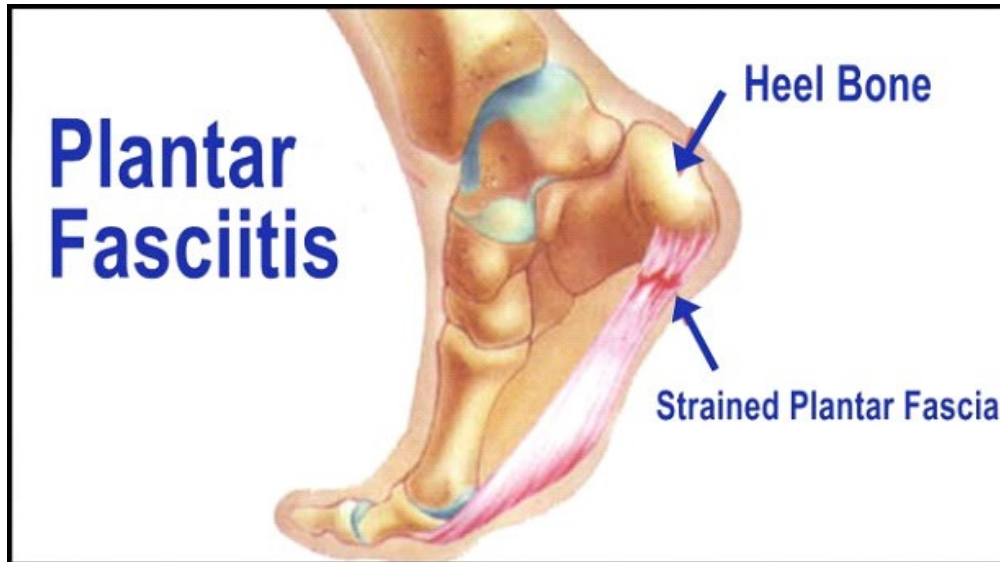


# Heel Pain

Plantar fasciitis is a condition that causes heel pain. It can affect people of all ages and abilities, who spend a lot of time on their feet.



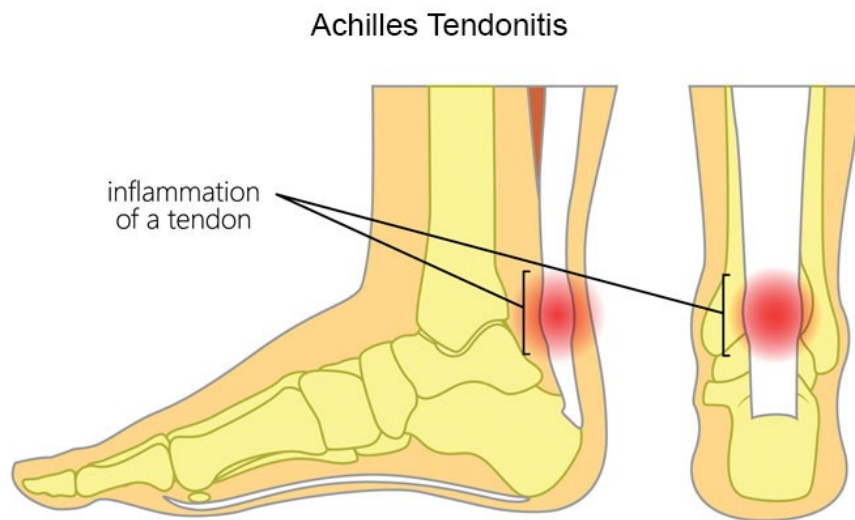
Plantar fasciitis can be caused by:

- a sudden increase in the amount of activity you do
- being on your feet for too long
- exercising on hard surfaces
- overstretching the sole of your foot
- being overweight, as it increases the strain on your heels
- an injury or weakness in the ankle
- high or low arches
- ageing, as it is more common in people over 40
- shoes that do not cushion or support the soles of your feet
- tightness in the calf.

Plantar fasciitis can increase the risk of lumps of calcium collecting on the heel bone, called bone spurs, which can make your pain worse.

Weakness in the plantar fascia can also put additional strain on your ankle and knee.

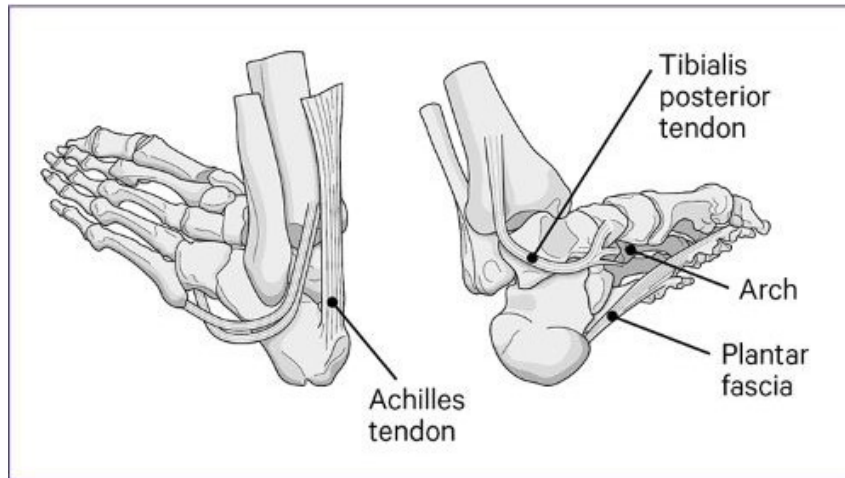
Achilles tendinopathy is caused by damage or inflammation in the tendon that runs from the calf in the lower leg, down the back of the ankle to the bone in the heel.



The main symptoms are:

- pain in the Achilles tendon which worsens after activity
- difficulty moving the foot up and down
- a grating sensation in the area
- swelling, redness or heat around the tendon
- a lump on the tendon.

## How I treat Heel Pain



Here are 3 Exercises to do as soon as the pain is felt

### Exercise 1 Heel Raise



1. Stand with the balls of your feet at the edge of a bottom step.
2. With your heels hanging off the edge, slowly and gently lower your heels just below the edge of the step. ...
3. Slowly rise onto the balls of your feet.
4. Repeat this 10 times, then rest. ...
5. Do this exercise once daily

## Exercise 2 Frozen water bottle



- Sit in a chair or stand with one foot resting on a small ball or frozen water bottle. A frozen water bottle is useful as the ice helps reduce inflammation.
- Gently roll the ball or water bottle forward and backwards under your foot. Start at just below the ball of your foot and end just before your heel.
- Roll the ball or bottle back and forth slowly 10 times for each foot. Do two sets per foot.
- Do this exercise once daily.

### Exercise 3 Curl your toes



Note: Make sure that your whole foot stays on the ground and that only your toes do the work of this exercise.

- Sit upright in a chair with one foot resting on a towel and spread your toes.
- Curl your toes to scrunch and draw the towel toward you 10 times. Do two sets per foot.
- Do this exercise once daily.

#### Strengthening and stretching exercises.

Doing the above exercise and stretching will take the edge off the pain. If you want a more long-term solution, with over 30 years of experience in integrated medicine I have created **Well-heeled Holistic Healing Program** that can significantly reduce pain and improve walking in people with plantar fasciitis or Achilles tendinopathy

If you want to know more about my **Well-heeled Holistic Healing Program** for plantar fasciitis, and Achilles tendinopathy relief we can arrange a

**Free 15-minute Pain Reduction Strategy Call.**

**On 07702692454 / 02089335417**