



Virginia Foot & Ankle Surgical Associates

Medicine • Trauma • Reconstructive Surgery

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HOME PHYSICAL THERAPY FOR HEEL PAIN



You will need to have 3 items ready before beginning your heel exercises: **Liniment** (ex: Biofreeze, Icy-Hot or Zostrix), a **Towel** or **Exercise Band** and an **Ice Pack**.

1st Using liniment do a deep massage for 5 minutes into the back of the heel, bottom of the heel or arch.

2nd Perform stretching with towel or exercise band, as noted in pictures above. Sit in chair, lift foot and leg off floor, keep leg straight. Place center of band or rolled towel under ball of foot to include the toes, hold ends with hands, push heel downward and out and pull toes back toward your chest using band or towel to pull and extend stretch. Hold stretch for 30 seconds then relax. Repeat stretch and relax sequence 15 times. Perform a steady pull when stretching, do not bounce.

3rd Apply an ice pack over bottom of heel and arch for 5 minutes.

Perform above twice a day.