



The big lie about heel pain — and what you can do to fix it

Heel pain is extremely debilitating, stopping you from feeling good and doing the things you love. Your activity levels are reduced and your movements restricted because of the pain, which affects your health and wellbeing.

The big lie about heel pain is that you have to wait for it to heal — sometimes for months or even over a year.

This is simply not true.

At our clinics, we successfully treat heel pain all the time, and usually get great results within six weeks. Read on to find out how to get rid of heel pain and live your life to the full.

Do you have:

- pain and stiffness in the morning?
- pain after spending time on your feet?
- do you miss out on being active or walking without pain?
- are you limited in your choice of footwear?
- do you get pain in the arch of your foot?

If you have any or all of the above symptoms, it is vital that you address them as soon as possible. Studies show that the longer you leave the source of heel pain untreated, the greater will be the irreversible damage to the tissues involved.

The great news

We can:

- diagnose and treat the underlying cause of your pain
- fix your heel pain for good
- remove the need for you to change your shoes
- allow you to walk barefoot again
- keep you doing the things you love
- provide effective treatment of heel pain without using orthotics.

3 easy exercises to alleviate heel pain

Loosen your lower leg and foot.

At least 30 per cent of your heel pain is related to tight muscles in your calves and foot. To help loosen up, do these easy exercises:

Exercise 1: Tennis Ball Roll

Doing this exercise first thing every morning before you stand up will help relieve the pain you feel as you take those first few steps. This exercise relieves the tension and pain in the plantar fascia and on the heel.



Alternative *foot* solutions

1. Sit on the edge of a chair or the bed with the tennis ball under your toes.
2. Roll the tennis ball from your toes to your heel, applying as much pressure as you can tolerate.
3. Roll the ball around in small circles on your forefoot (from your toes to under the ball of your foot).
4. Now roll the ball around in small circles on your arch (from the end of the ball of your foot to the beginning of your heel).
5. Then roll the ball around in small circles on your heel.
6. Repeat the above process on the other foot.

Do this exercise every morning first thing before you get out of bed.



Exercise 2: Calf Stretches

Stretching your calves (the back of the bottom part of your legs) is vital to foot function. They need to be flexible so you can move, jump or dance freely. A significant proportion of your heel pain is probably caused because of tight calves, so increasing their flexibility reduces tension through the plantar fascia and heel. As a result, you will feel much better, particularly in the morning.

1. Find a wall and place the palms of your hands on it at around shoulder height.
2. Place one foot in front of the other so that toes are pointing in the same direction and your feet are parallel to each other. The back heel should touch the ground.
3. For the first stretch, bend the front knee and keep your back knee straight.
4. Hold for 30 seconds.
5. For the second stretch, bend the knee of your back leg.
6. Hold for 30 seconds.
7. Repeat on the opposite leg.

Perform four times daily and continue for three weeks.





Exercise 3: Strengthen your arch and foot

A significant portion of your heel and plantar fascia pain is related to poor arch strength. This exercise strengthens the foot muscles and the plantar fascia, and is one of the most researched exercises I have ever seen in relation to heel pain! Give it a go:

1. Stand with your feet hip-width apart, on a step with toes elevated.
2. Slowly raise your heels as high as you can manage (for a minimum of 3 seconds).
3. Hold at the top for 2 seconds.
4. Slowly lower your heels as far as possible (take a minimum of 3 seconds to lower).
5. Repeat twice daily, performing 10 repetitions.



What to do to fix your heel pain for good

See a qualified and experienced professional to explore your treatment options so you can get back to doing the things you love. At our practice we have successfully treated thousands of cases of heel pain.

1. [Book an assessment](#)
2. Allow us to assess your foot and diagnose the underlying cause of the problem.
3. We will devise a plan to treat your heel pain.
4. Work with us to carry out the plan together and fix your heel pain forever, so you can get back to the things you love!

If you would like to fix your heel pain for good we're offering a 65% off initial assessment to any one with heel pain or plantar fasciitis. This offer is only valid depending upon availability. (you must mention at the time of the booking) To make a booking call on 8966 9300 for Manly or at www.alternativefootsolutions.com.au Or just click on the link and enter you details

<https://alternativefootsolutions.com.au/heel-pain-treatment>.