

Prepared for: _____

Prepared by: _____

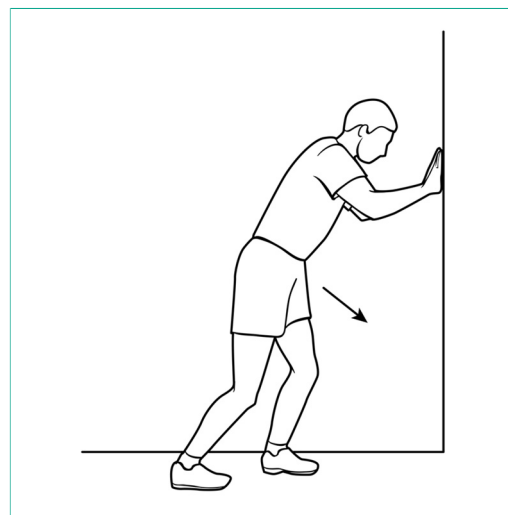
Home Exercise Program for Posterior Heel Pain

- Apply moist or dry heat to the heel while exercising, and to prevent inflammation, apply a bag of crushed ice or frozen peas to the heel for 20 minutes after performing the exercises.
- You should not experience pain with the exercises.
- If your symptoms do not improve after performing the exercises for 3 to 4 weeks, call your doctor.

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Heel cord stretch with knee bent	Soleus	4 repetitions/2 or 3 sets	Daily	3 to 4
Heel cord stretch	Gastrocnemius-soleus complex	4 repetitions/2 or 3 sets	Daily	3 to 4
Calf eccentrics	Gastrocnemius-soleus complex	10 to 15 repetitions/2 or 3 sets	Daily	3 to 4

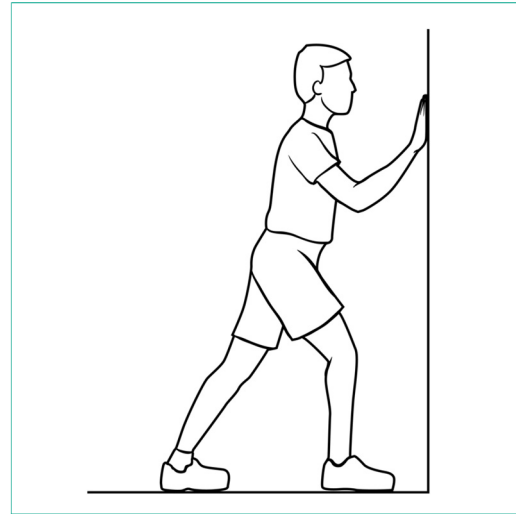
Heel Cord Stretch With Knee Bent

- Stand facing a wall with the unaffected limb in front and with the knee bent for support, the affected limb in back and with the knee also bent, and the toes pointed in slightly.
- Keeping the heels of both feet flat on the floor, lower your hips toward the wall.
- Hold the stretch for 30 seconds and then relax for 30 seconds.
- Perform 2 or 3 sets of 4 repetitions daily, for 3 to 4 weeks.



Heel Cord Stretch

- Stand facing a wall with the knee of the unaffected limb bent, the affected limb straight, and the toes pointed in slightly.
- Keeping the heels of both feet flat on the floor, lower your hips toward the wall.
- Hold the stretch for 30 seconds and then relax for 30 seconds.
- Perform 2 or 3 sets of 4 repetitions daily, for 3 to 4 weeks.



Calf Eccentrics

- Stand on the bottom step of a staircase with your heels extending off the step.
- Starting up on your toes, lower your heels slowly as far as is comfortable. When you reach the lowest comfortable position, push back up to the starting position. Repeat 10 to 15 times.
- Perform the exercise 2 to 3 times daily, for 3 to 4 weeks.
- When you first perform this exercise, use both feet. As you get stronger and feel more comfortable, progress to using one foot at a time.

