

Plantar Fasciitis, Heel Spur & Heel Pain Daily Stretches

The stretching must not be too forceful – Just enough to feel a definite stretch and not enough to cause pain. Do the stretching slowly. You should repeat the stretches until there is no longer sharp pain when you walk.

To be done without assistance:

Proven products for Plantar Fasciitis and Heel Spur treatment can be found at www.Heel-Pain-Store.com Including Orthotics, Night Splints, Stretchers and Supportive Sandals.

Heel Pain Stretch #1

Stand at arm's length from the wall with the palms of the hands flat against the wall. Bend the elbows, and lean into the wall. Keep the knees and hips straight, and the heels on the floor. Hold for a count of five; then return to the starting position.



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Heel Pain Stretch #2

Stand with back against the wall, and heels near the wall. Bend the knees slowly keeping the heels flat on the floor. Hold for a count of five; then return to the starting position again.



Heel Pain Stretch #3

Sit on a bed or the floor with your knees straight. Place a folded towel or belt around the forepart of one foot. Hold one end of the towel in each hand, and pull the forefoot towards the body, keeping the knee straight. Hold for a count of five, and then return to the starting position.



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Heel Pain Stretch #4

Stand with the ball of your foot on a block or on the edge of a step or stair. Keep the knee straight. Lower heel as far as possible below the block or step and hold on for a count of five.



Heel Pain Stretch #5

Stand with one leg forward, one leg behind. Keeping heels on the floor, lean forward. Should feel a stretch – on calf and behind knee.



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Heel Pain Stretch #6

Plantar grade walk – Position yourself on fingertips and feet, heels flat on floor. Gradually “walk” the hands backwards to a more jack-knife position, keeping heels on floor.



NOTICE:

Stretching is only a small part of treating and curing Plantar Fasciitis. The Plantar Fascia must be stretched 24 hours a day in order to keep it from contracting and being torn again.

We highly recommend [HTP Heel Seats](#) or [Liquid Orthotics](#) as a day treatment and a [Night Splint](#) as night treatment. If you only wear a day treatment and nothing during the night the fascia will contract and then you will tear it again when you get out of bed in the morning. Day & [Night Treatment](#) is imperative for a full recovery.

It is also very important to not walk barefoot anywhere - Specifically on hard floors in your house. Either wear a slipper or sneaker at all times. We have a wide selection of supportive orthopedic sandals and slippers at [www.Heel-Pain-Store.com](#)