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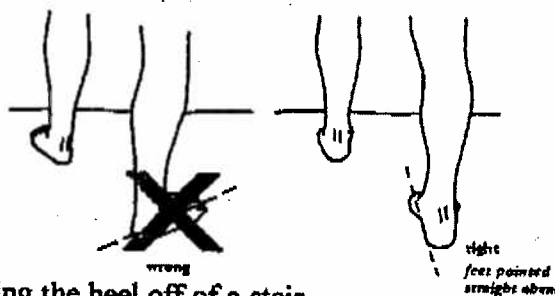
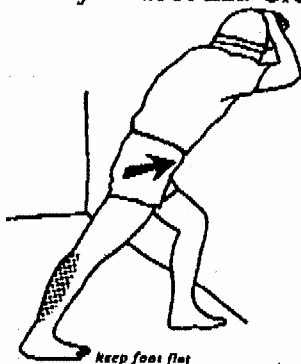
Dr. Debra Wright

STRETCHING EXERCISES

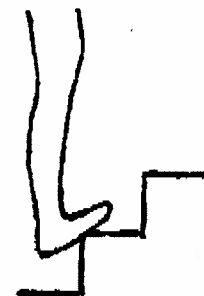
One of the key components of treating heel pain is stretching exercises. When you are stretching your calf muscles, you are also stretching the plantar fascia which is the important ligament on the bottom of your foot.

There are several different exercises. One is the WALL PUSH-UP. Face a wall. Stand a little distance from the wall and rest your forearms on it with your forehead against the back of your hands. Now bend one knee and bring it toward the wall. The back leg should be straight with the foot flat and pointed straight ahead into the wall.

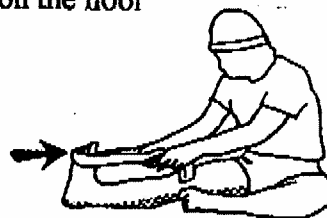
Now, without changing the position of your feet, slowly move your hips forward as you keep the back leg straight and your foot flat. Create an easy feeling of stretch in your calf muscle (gastrocnemius).



A second stretching exercise is performed by hanging the heel off of a stair.

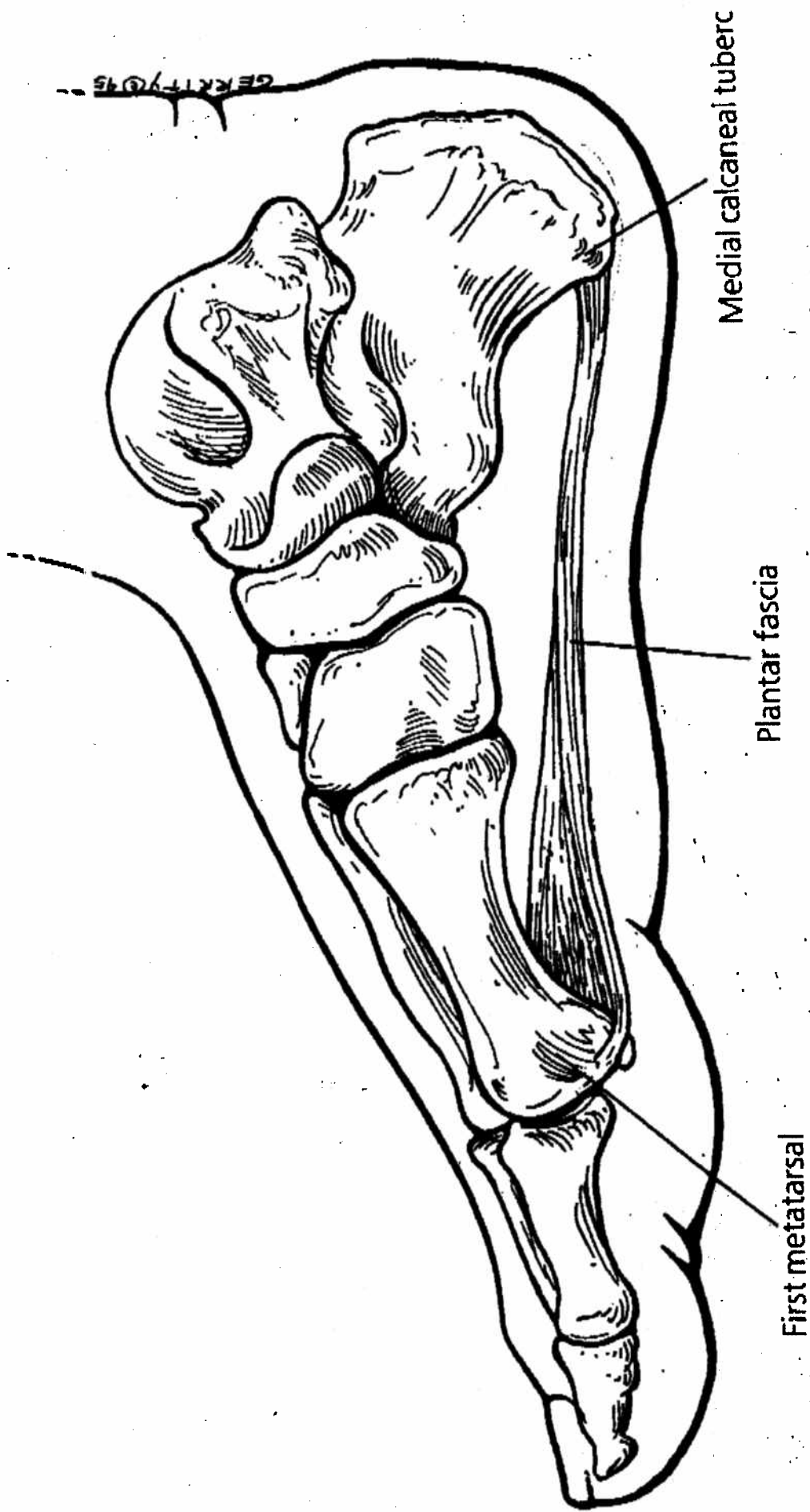


A third stretching exercise is performed sitting on the floor using a rolled up towel.



Rules of stretching:

1. Stretching should not hurt. Back off slightly if you feel pain.
2. Do not bounce when you stretch. Bouncing can cause injury.
3. Hold each stretch for 30 seconds. You should feel the muscle relax into the stretch.
4. Stretch 10 to 20 times per day. The more you stretch, the better the results.



Medial calcaneal tuberc

Plantar fascia

First metatarsal

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