Dr. Yousef Nafal, DPM
FOOT & ANKLE SURGEON

Questions? Call
(734) 667-3714

HOME CARE · HEEL PAIN

Plantar fasciitis stretches

Stretch your arch before your first steps every morning, then a few times during the day. Most plantar fasciitis gets better with a few months of daily stretching.

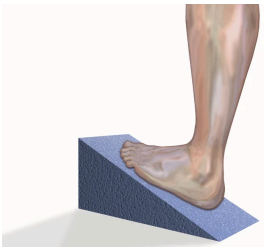
MOST IMPORTANT STRETCH

Plantar fascia stretch

1. Sit and cross your sore foot over your other knee.
2. Grab your toes and pull them back toward your shin until you feel a stretch in your arch.
3. With your other hand, feel the arch. It should feel tight, like a guitar string.

Do it **before your first steps in the morning** and before you stand up after sitting a long time. Can't reach your foot? Loop a towel around your toes.

Hold 10 seconds · 10 times · 3 times a day



Calf stretch

1. Stand on a slant board or with the ball of your foot on a step.
2. Keep your knee straight and let your heel sink down.
3. Then repeat with your knee slightly bent.

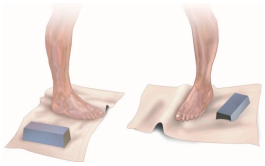
Hold 30 seconds · 3 times · 2 to 3 times a day



Arch massage

1. Sitting, rub along your arch with your thumbs.
2. Or roll your arch over a frozen water bottle or ball.
3. Press firmly, but not to the point of sharp pain.

5 minutes · 1 to 2 times a day



Towel scrunches

1. Sit with your foot flat on a towel.
2. Curl your toes to pull the towel toward you.
3. Add a light weight on the towel when it gets easy.

10 times · 2 times a day



Heel raises

1. Hold a counter for balance.
2. Rise up onto your toes, then lower slowly (count to 3).
3. When it's easy, do it on one foot.

10 to 15 times · 2 sets · once a day

Calm the pain

- Ice your heel for 15 minutes after a long day or exercise.
- Cut back on running and long standing for a while. Try biking or swimming.
- Anti-inflammatory medicine can help for a short time, if it's safe for you.

Daily habits that help

- Wear supportive shoes with arch support, even at home.
- Don't walk barefoot on hard floors.
- Replace worn-out athletic shoes.
- Use the inserts or night splint Dr. Nafal recommends.

Listen to your body

- A mild stretch is good. **Stop any exercise that causes sharp pain.**
- Stick with it. Heel pain often takes weeks to months to settle.

My stretch tracker: check a box each day

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Plantar fascia stretch (before first steps)	☐	☐	☐	☐	☐	☐	☐
Plantar fascia stretch (2 more times)	☐	☐	☐	☐	☐	☐	☐
Calf stretch	☐	☐	☐	☐	☐	☐	☐
Massage, scrunches, heel raises	☐	☐	☐	☐	☐	☐	☐

Call us if you have

- Heel pain after a fall, or a pop you heard or felt
- Swelling, bruising, or you can't put weight on your foot
- Numbness, tingling or burning in your foot
- No improvement after 4 to 6 weeks of daily stretching