**Heel Pain Rehabilitation Exercises**

Do not participate in any physical activity/exercise if you are in pain- this includes p.e at school and football training/matches.

Please let your coach know if you are in too much pain to attend.

Reduce your physical activity hours/days and increase the rest time.

**Single Leg Calf Raise-** Holding onto the wall, lift your heels off the floor with straight legs then take one foot off of the floor, keeping your balance and holding for 15-20 seconds then rest and swap legs. Repeat this 2-3 times (pain free) on each leg.

**Single Leg Soleus-** Similar to the first, however have a slight bend in the knee at the same time. Holding onto the wall, lift up onto both heels. Lift one leg up off the floor, then bend that leg that’s still in contact with the ground approx 20-30 degrees. Hold for 15-20 seconds repeating 2-3 times on each leg (pain free).

**Eccentric Heel Drops-** Same position as before however instead of holding the position, your going to lift your heels then slowly lower them to the floor for a count of 3-4 seconds. One leg at a time. 2x10 reps.

**Plantar Flexion-** Whilst seated, legs straight. Point your toes to the floor and then bring your toes back towards your body. Move one foot at a time. 10-12 reps x 3 sets each foot.

* Progression= use a towel underneath your foot to add resistance OR use a resistance band.

**Stretches**

**Wall Stretch-** Standing in front of a wall, take one foot back behind you, the front leg slightly bent. Push your hands into the wall pushing your heel on your back leg into the floor. Feel the stretch run down your back leg. Hold for 20-30 seconds for each leg.

**Hamstrings-** Seated with legs straight out in front of you. Sit up straight and bend from the hips to reach for your toes. Hold for 20-30 seconds.

**Quadriceps-** Lying on your front with legs together, bring one heel to your bum and hold there with your hand. You should feel the stretch down the front of your thigh.