Heel Pain Rehabilitation Programme

To reduce pain, sports need to remain limited, and rest needs to be increased. As discussed, if you are rating your pain no more than 5 out of 10 then you are able to play, if its higher than a 5 then please sit out and rest.

For One Week

1. Heel strike walking- rolling through the movement starting from your heel all the way up on to your toes. 5 mins 2x a day.
2. Ankle rolling- circles (both directions) and drawing the alphabet with your foot. 2x a day

No pain should occur whilst doing these exercises.

Second week

If pain has decreased overall after a week of performing the previous exercises, move onto the below exercises.

1. Heel drops off a step- both feet on the step, one heel at a time drop off the step for a count of 10 seconds to just below the level of the step. 5-8 reps 2x a day, repeat with bent knees also.
2. Calf raises- holding onto a wall, lift up onto your toes and hold for 20-30 seconds. 5-8 reps 2x a day (if possible).

Adjust the reps if the pressure is too much. These exercises must be performed if there is no pain. It should only cause a slight comfortable stretch.

After exercises please stretch your calf holding for 20-30 seconds.

If you have any questions about any of the exercises, please let me know on spond.