

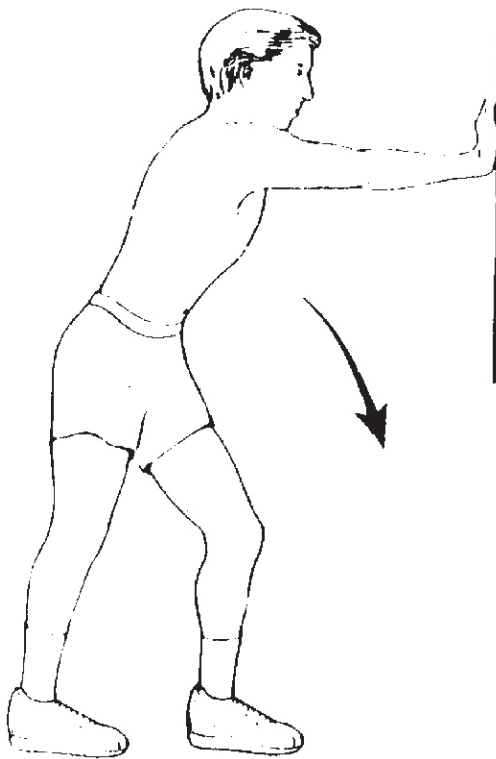


Gadsden Foot Clinic, PC

306 South 4th Street  
Gadsden, AL 35901

## Instructions for Home Therapy for Heel Pain & Plantar Fasciitis

1. Wear the Arch Pad or Orthotics as instructed.
2. Perform Contrast Baths (Hot/Cold) 2 to 3 times a day along with stretching exercises - see diagram.
3. Wear a shoe or preferably a gym shoe at home.  
Do NOT go bare foot.



### Wall Stretch

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You can use a wall or pole.

Place your outstretched arms up against the wall.

Place one foot behind the other with the toes facing the wall.

Lean forward and flex the front knee; keep the back knee straight and heel on the ground.

Perform 10 slow and deliberate repetitions.

You should feel the pull in the rear calf.

On the 10th stretch, hold it for 10 seconds.

Repeat on the opposite leg.

Do 3 sets of 10 on either leg, 3 times a day.