

Exercises

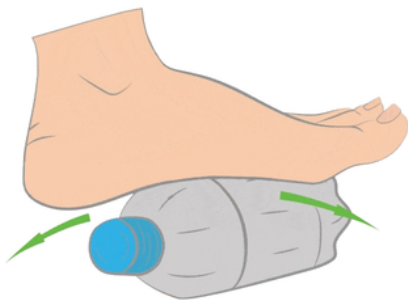
Towel Curls:

Place a towel on the floor. Curl the towel towards you by using your toes only. Repeat 30-50 times until your foot is tired.



Frozen Bottle Roll:

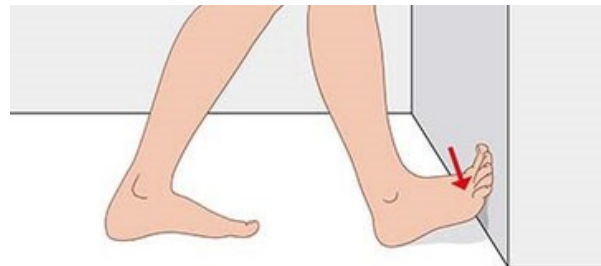
Icing can decrease pain and inflammation. Roll a frozen water bottle under your arch for 5-10 minutes. Concentrate on controlling the bottle by grabbing it with your arch as you roll it back and forth. Repeat three times a day.



Stretches



- Place fingers across the base of your toes and pull towards your leg to stretch your arch and achilles tendon.
- Hold for 2-3 minutes while slowly increasing the stretch.



- Place toes on the wall
- Keep knee and leg straight
- Lean toward wall with knee and hip
- Hold for 2-3 mins while slowly increasing the stretch

Helpful Tips

- Avoid barefoot walking on hard floors
- Wear cushioned shoes indoors/ outdoors
- Replace worn-out shoes regularly
- Stretch your calves and arches regularly
- Gradually increase exercise activity
- Avoid prolonged standing
- Ice the heel after activity
- Maintain a healthy body weight
- Avoid flat or unsupportive footwear
- Reduce activity if symptoms worsen
- Consistency is key to recovery
- Low-impact activities are recommended
- Consider replacing shoes every 500km

