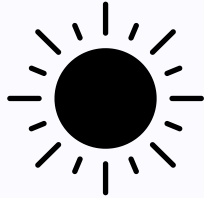


HOW TO MANAGE HEEL PAIN AT HOME

(During a global pandemic)



1 WARM IT UP

Get your feet going in the morning with a gentle massage with a tennis ball and some light stretching



2 WEAR SHOES

Wear your most comfortable shoes (they are probably your sports shoes) ALL THE TIME. Even have a pair of shoes you can slip on easily next to the bed if you need to get up in the middle of the night. Archies are great for this.



3 RELATIVE REST

Take this time to allow your body to heal, that doesn't mean you can't exercise, but it does mean you might have to change it up or get outside your comfort zone! Bike riding? Ocean swimming?



4 AVOID

Soft sand, ladder climbing, jumping and excessive bending or pressure through the toes. These activities put a high level of strain on your plantar fascia.



5 STRETCH/MASSAGE

Heel pain has been linked to tight calf muscles so stretch them out! See this helpful link for our favourite: https://youtu.be/6Lrme_UhHsY



6 PAIN MEDICATION

This is not the whole plan, and definitely not part of the long term plan, but it is one string in our bow when we need to get the pain level down and avoid a chronic pain cycle. We recommend taking anti-inflammatories as advised or paracetamol.