

Heel Pain Part 1 – Pain under the Heel Rehab Protocol			
Weeks 1 – 2	Do the following exercises: Once per day in week 1		
	Twice per day by week 2		
Mobility	Massage Ball to the arch of the foot		2 mins
	Foam Roller with as much pressure as tolerated		2 mins Soleus
			2 mins Calf
	Toe Yoga		10 reps
Flexibility	Stretch against a wall (1 leg at a time)	Straight Knee	3 x 20 seconds
		Bent Knee	3 x 20 seconds
	Stretch off the edge of a step (both legs at once)	Straight Knee	2 x 20 seconds
Strength	Heel Raises off the ground (both legs at once)	Straight knees	10 reps (in week 1)
		Straight knees	15 reps (by week 2)
	Heel Raises with a folded towel off the ground (both legs at once)	Straight knees	10 reps (in week 1)
		Straight knees	15 reps (in week 2)
Ice pack			20 minutes

Weeks 3 – 4	Twice per day		
Mobility	Massage Ball to the arch of the foot		2 mins
	Foam Roller with as much pressure as tolerated		2 mins Soleus
			2 mins Calf
	Toe Yoga		10 reps
Flexibility	Stretch against a wall (one leg at a time)	Straight Knee	1 x 20 seconds
		Bent Knee	1 x 20 seconds
	Stretch off the edge of a step (both legs at once)	Straight Knee	1 x 20 seconds
		Bent Knee	1 x 20 seconds
	Stretch off the edge of a step (1 leg at a time)	Straight Knee	1 x 20 seconds
		Bent Knee	1 x 20 seconds
Strength	Heel Raises off the ground (both legs at once)	Straight knees	15 reps
		Bent knees	15 reps
	Heel Raises, with a folded towel, off the ground (1 leg at a time)	Straight knees	15 reps
		Bent knees	15 reps
Ice pack			20 minutes

Weeks 5 – 6	Twice per day		
Mobility	Massage Ball to the arch of the foot		2 mins
	Foam Roller with as much pressure as tolerated		2 mins Soleus
			2 mins Calf
	Toe Yoga		10 reps
Flexibility	Stretch against a wall (one leg at a time)	Straight Knee	1 x 20 seconds
		Bent Knee	1 x 20 seconds
	Stretch off the edge of a step (1 leg at a time)	Straight Knee	1 x 20 seconds
		Bent Knee	1 x 20 seconds
Strength	Heel Raises off a step (both legs at once)	Straight knees	15 reps
		Bent knees	15 reps
	Heel Raises off a step (1 leg at a time)	Straight knees	15 reps
		Bent knees	15 reps
Ice pack			20 minutes

Weeks 7 – 8	Twice per day		
Mobility	Massage Ball to the arch of the foot		2 mins
	Foam Roller with as much pressure as tolerated		2 mins Soleus
			2 mins Calf
	Toe Yoga (should be mastered by now – no need to do them)		0 reps
Flexibility	Stretch against a wall (one leg at a time)	Straight Knee	1 x 20 seconds
		Bent Knee	1 x 20 seconds
	Stretch off the edge of a step (1 leg at a time)	Straight Knee	1 x 20 seconds
		Bent Knee	1 x 20 seconds
Strength	Heel Raises off a step (1 leg at a time)	Straight knees	15 reps x 2 sets
		Bent knees	15 reps x 2 sets
Ice pack			20 minutes