

## Plantar Heel Pain JPAC Week 1

### Ankle Rotations



### Description

1. In a seated position lift the foot off the floor
2. Try not to move the knee or hip while circling the ankle joint
3. Try writing the alphabet or your name in the air
4. Repeat on both sides if necessary

**Sets:** 3-4 a day

**Time:** 2x alphabet

## Rolling the Sole of the Foot



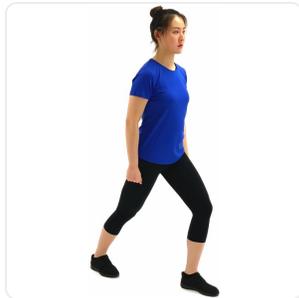
### Description

1. Place the arch of your foot on a frozen water bottle or can on floor
2. Roll your foot forwards and backwards, applying firm pressure but avoiding pain
3. You must wear socks and stop if your foot becomes numb

**Time:** 5-10 minutes

**Sets:** 2-3 times a day

## Gastrocnemius Stretch



### Description

1. Place one foot in front of the other in a split stance with the back knee straight Keeping your feet on the ground move your front knee forwards, keeping the heel of the back leg down
2. Hold in this position
3. To generate a stronger stretch place your hands on a wall in front and lean further forwards on your front leg

**Sets:** 2-3 a day

**Time:** Hold for 30seconds

## Soleus Stretch



### Description

1. Place one foot in front of the other in a split stance with a slight bend in both knees
2. Keeping your feet on the ground move your front knee forwards, keeping the heel of the back leg down
3. Hold in this position
4. To generate a stronger stretch place your hands on a wall in front and lean further forwards on your front leg

**Sets:** 2-3 a day

**Time:** Hold for 30 seconds

## Heel Raise



### Description

1. Stand with good posture (hold onto a wall if required)
2. Raise up onto your toes, hold and lower your heels to the floor
3. To make this exercise harder place a towel under your toes

**Sets:** 2-3

**Reps:** 5-10

**Times a week:** 4-5