

PRIDEPLUS HEALTH

# PRIDE.FIX HEEL PAIN

How To Treat Heel Pain At Home

Heel pain is one of the most common conditions seen by our team of podiatrists. Our team have your simple program to treat heel pain effectively at home.

[WWW.PRIDEPLUS.COM.AU](http://WWW.PRIDEPLUS.COM.AU)



# HEEL PAIN

## FIRST KNOW YOUR PAIN

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There are numerous causes of heel pain but by far the most common is something called **plantar fasciitis** or **plantar fasciopathy**.

This heel pain guide is for those suffering with plantar fasciitis.

There are many different treatments for heel pain which you can [learn all about here](#).

Other causes of heel pain include:

- Calcaneal stress fracture
- Achilles tendinopathy
- Baxter's nerve entrapment
- Plantar fibroma
- Fat pad herniation/odema

These conditions are less likely to benefit from this home based program.

Seeing a [podiatrist](#) (in person or online - free) is a great way to get personal advice on fixing your heel pain.

Participation in Pride.Fix involves physical activity. You should consult your doctor or other health care professional before starting this or any other program to determine if it is right for your needs. Participation in this Program is purely voluntary, and PridePlus Health does not assume any liability.

Plantar fasciitis occurs when you load it more than it can handle

You can [learn more about plantar fasciitis loading here](#).



## Ask your PF to do less work

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There's no getting around it. Every step we take the plantar fascia does some work. Reducing your step count reduces the amount of work the plantar fascia does.

To keep active at this time exercise which loads the PF less (cycling, swimming) is advised.



## Ask your shoes to do more work

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You have probably noticed some shoes are more comfortable than others with your heel pain.

You can learn about the [best shoes for plantar fasciitis here](#).



## Make strapping tape do some work

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A really effective way to reduce heel pain immediately is to get strapping tape to do some of the work.

You can learn [how to strap your foot](#) at home to fix your heel pain here.



# BUILD CAPACITY

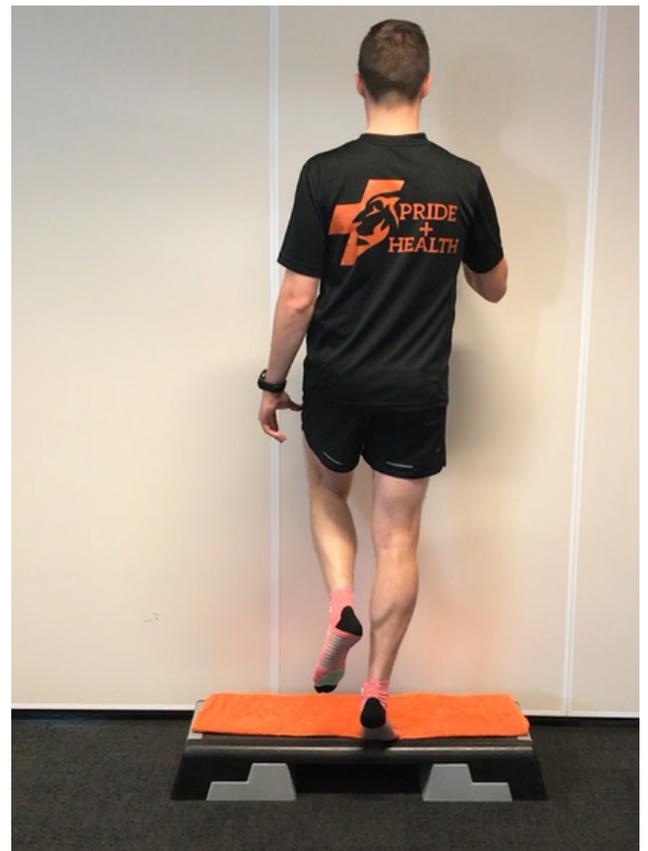
## SIMPLE EXERCISE

The most important part of fixing plantar fasciitis heel pain is to increase the capacity of your PF to do more work.

Do this by following a graded exercise program building strength in the PF itself, and more importantly, the calf muscle group.

### Calf Raises

The big daddy of all PF exercises. The calf raise needs to be completed just right. Not too many, too little, or with the wrong technique. Start on both feet, holding on for a little bit of balance and eventually work your way to doing single leg, no hands raises.



- Place a folded towel on the edge of a step
  - Put your toes only on the towel, heels hanging free off the edge
  - Slowly rise up onto your big toe, avoid leaning onto your little toes
  - Hold at the top, then slowly lower your heel down as low as you can
  - Repeat. Slow. Steady. Balanced
  - Stop when your calf muscles are tired, or if your heel gets sore
- Complete no more than once per day. Really you should book in for your personal exercise plan with our podiatrists here. First session free.

There are a couple of other treatments you can try at home or under the guidance of a podiatrist to fix your heel pain.

### Orthotics

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Getting the right orthotic, arch support or innersole can fix your heel pain.

To learn what type of orthotic you might need you can read about [orthotics for heel pain here](#).



### Massage

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Self massage at home can be an effective way to reduce your heel pain.

To learn the [best way to massage your heel pain](#) check out [this post here](#).



### NSAID's (Topical Gel)

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NSAID (short for non-steroidal anti-inflammatory drugs) are a class of drugs which can be used to treat some heel pain.

There are side effects, and you should always consult your podiatrist or doctor before using.

Learn about [how to use NSAID's for heel pain here](#).



# TOP TIPS

NEED ASSISTANCE?  
BOOK IN WITH OUR  
EXPERTS

## START TODAY

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- Don't over do it on the first calf raise session. It's important to get the technique correct so you can complete them as safely as possible
- Take a day off if you need it. Overdoing it is a common training error
- Experiment with different shoes but don't forget to think about how many steps you are taking when you wear your different shoes
- Have Fun! Exercise needs to be part of our lives and so finding the joy in working out is really important.
- Be social but distant. Try exercising with a friend over Zoom/Facetime and encourage each other

If you need any personal advice or assistance with your heel pain book in with our podiatry team either in person or [via telehealth here.](#)

HOW DID YOU GO?

TAG US IN YOUR WORKOUT VIDEOS

