

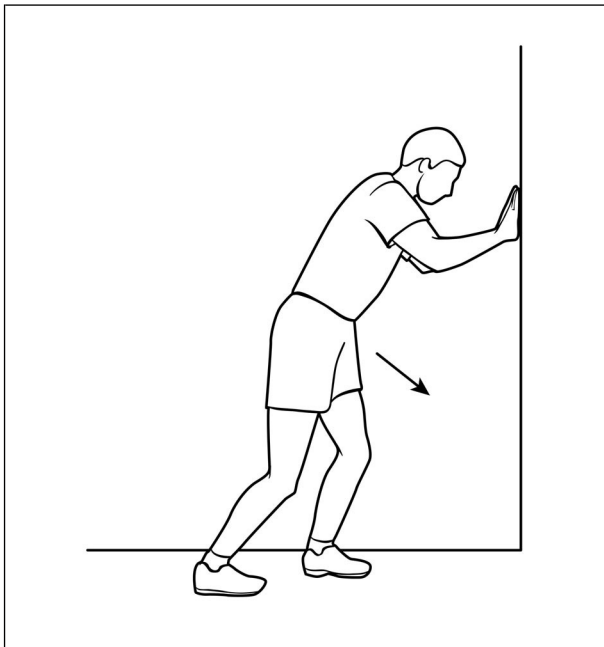
Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR POSTERIOR HEEL PAIN

Apply moist or dry heat to the heel while exercising, and to prevent inflammation, apply a bag of crushed ice or frozen peas to the heel for 20 minutes after performing the exercise. You should not experience pain with the exercise. If your symptoms do not improve after performing the exercise for 3 to 4 weeks, call your doctor.

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Heel cord stretch with knee bent	Soleus	4 repetitions/2 or 3 sets	Daily	3 to 4



HEEL CORD STRETCH WITH KNEE BENT

Stand facing a wall with the unaffected limb in front and with the knee bent for support, the affected limb in back and with the knee also bent, and the toes pointed in slightly. Keeping the heels of both feet flat on the floor, lower your hips toward the wall. Hold the stretch for 30 seconds and then relax for 30 seconds. Perform 2 or 3 sets of 4 repetitions daily.