

Plantar Fasciitis:

How to Heal Heel Pain

PTProgress.com



Thank you for downloading the Plantar Fasciitis Quick Relief Guide.

I myself have recovered from plantar fasciitis and understand the pain you're dealing with.

Here's my goal for this quick guide:

- Show you the 4 key exercises and stretches that actually work
- Get your input on what has worked and what has not worked for you

You and I will both soon be a part of the plantar fasciitis overcomer community!

As a way to gather the insights of thousands of other plantar fasciitis overcomers, I am asking you to contribute to the cause:

What has helped you most?
What has helped you least?

I am combining medical research articles and feedback from *actual* plantar fasciitis sufferers like you to build the ultimate guide to fighting Plantar Fasciitis.

As a part of the community, you will have early access to the guide. I'll follow up with you via email, and I want to hear how your recovery is going!

Keep an eye out for future emails and reply to the initial email I sent answering these two question:

What has helped you most for plantar fasciitis relief?
What has helped you least for plantar fasciitis relief?

Cheers,

Tim – Plantar Fasciitis Relief and Plantar Fasciitis Overcomer

What is Plantar Fasciitis?

Plantar Fasciitis can come on suddenly and last for months. The plantar fascia is a band of tissue that runs from your heel to your toes and supports the arch of your foot. Straining the arch of your foot can lead to heel pain when walking and especially heel pain in the morning.

This eBook is designed to show you 4 strategies that help you get rid of your heel pain without spending hundreds of dollars on expensive therapy sessions.

Fix Plantar Fasciitis: A Natural Remedy for Heel Pain

There are three basic steps to getting rid of your heel pain for good:

1. Proper Support
2. Proper Stretching
3. Proper Strengthening

This treatment protocol uses all three of these elements together and progresses stretching and strengthening in order to develop the foot's natural ability to provide support through a well-designed arch.

Just like any other muscle in your body, your foot muscles *can* be strengthened and provide the support you need. Yes, even if you are 'flat footed' or have a pronated foot.

Treatment for Plantar Fasciitis:

1. Proper Shoe Support

If you have heel pain in standing, I want you to try something right now: Find a towel or something soft that's about an inch or two thick. Now put this under your heel while standing. Feels better right?



You've probably figured out that wearing flats or flip-flops makes your heel pain worse. That's because your foot isn't strong enough to maintain its arch – which is now becoming irritated.

The fix: Find a shoe that has a slightly raised heel.

2. Night Splints for Heel Pain

One of the biggest reasons night splints work is because we often sleep with our feet pointed down. This shortens the calf muscles and makes the heel tendon tighter, especially in the morning. (Makes sense why you're getting those shooting pains when you first get out of bed right?)

If you don't want to get a night splint, try this:

The fix: Pull the covers off of your feet. Un-tuck the sheets from the bottom of the bed if they're pulling your feet into a pointed

(plantarflexed) position. If you can avoid this stress to your feet at night, you should start to see some progress. Also, taping your arch can provide a good amount of support to your foot at night so you might not need to spend additional money on a pricey splint.

3. Seated Towel Calf Stretch



I find that this stretch works best first thing in the morning. Before you even get out of bed, take a sheet or a towel and place it around your foot. Keeping your knee straight (very important!), gently pull on the sheet to stretch your foot towards your body. You should feel a light stretch in the heel and the back of your calf.

This does two things: it introduces light stress to your foot to ease it into full weight bearing, and it stretches your calf muscle and heel cord which are stiff.

Hold this stretch for 30 seconds and repeat 3 times before standing out of bed.

4. Standing Wall Lunge

I really like the standing wall lunge because it's one that you can do practically anywhere. Since it's so easy to do, this stretch should be done multiple times a day. Standing up every 30 minutes and stretching in the office, in the living room, or between meetings at work can really stretch your calf muscle and heel cord.

Here's how you should perform the standing wall lunge:

1. Place the foot to be stretched behind in the lunge position
2. The back leg should be straight and your toes should point forward
3. Your front leg should be bent.
4. Both feet should be aligned with your knees and your knees aligned with your shoulders.



5. With the back leg straight, bend the front knee slightly. Keep your back flat and use the wall for support.
6. You should feel a mild stretch in the back foot along your calf and heel tendon.
7. Hold this gentle stretch for 30 seconds.

It's important not to be too forceful. Patience is key here! You will be able to go further eventually so focus on a gentle stretch 5 times throughout your day.

BONUS!

Foot Dome Exercise

As you can see from the treatment schedule, the foot dome exercise is included every week. The foot dome exercise is designed to strengthen the intrinsic muscles in the 4 layers of your foot.

Here's the thing about foot doming: it takes concentration and might not feel like anything at first. That's completely normal.

It takes 4-6 weeks for any muscle to strengthen at the cellular level – but your muscles can actually improve very quickly in the first 1-2 weeks. This phenomenon is called motor learning and is due to increased firing of your existing muscle cells. You are essentially 'waking up' the muscles that haven't been used in a while.

Eventually these strengthening exercises will increase the size of these muscles – but remember that true strengthening takes 4 to 6 weeks. That's why it's so important to include the foot doming exercise early and often.

How to perform:



Making a dome with your foot is a very slight motion. The muscles are small and it doesn't take much motion.

- Place your bare foot on the ground.
- Put a coin under the arch of your foot.
- Gently press your toes towards the floor, lifting the middle of your foot.
- Try to lift the middle of your foot where the penny is located.

- Don't scrunch your toes. You should try to keep your toes flat and lift from the middle.



Practicing the Foot Dome

Your goal is to make foot doming a habit in all positions: sitting, standing, walking, etc.

Always check with your physician or medical provider before starting any exercise program.

Stay Tuned for FULL ACCESS to the Ultimate Guide for Plantar Fasciitis Relief!