



## HEEL PAIN

### 5 Ways to heal your heels

#### 1 ICE YOUR FEET

Roll a small frozen water bottle under your feet every evening for about 10 minutes. This helps to massage the area and reduce inflammation. Icing in the evening can reduce your pain the next day.



#### 2 STRETCH YOUR CALVES



Calf stretches can reduce ankle stiffness and take some of the strain off the plantar fascia. Put the balls of your feet on a thick book, heels on the floor and stand straight for 2 minutes.

#### 3 COMFY TRAINERS

They may not be glamorous but wearing trainers as much as possible with plenty of support and some cushioning can really help. The best trainers have a 3/4 inch heel, a firm heel counter, lace up and with a little bit of cushioning on the inside. eg ASICS Kayano



#### 4 ANTI INFLAMMATORIES

Ibuprofen gel can be helpful if used regularly as can paracetamol or ibuprofen tablets to reduce the inflammation



#### 5 SEE YOUR PODIATRIST

Make sure you have a correct diagnosis and the most effective treatment for your feet.  
#podsheelheels

