

The discomfort can be relieved by rolling the foot on a cool drinks can from the fridge or a bottle of frozen water from the freezer but no longer than ten minutes in an hour and making sure you wear a sock or some protection from the ice.

If you have been prescribed insoles do not wear them when completing your stretching exercises.

If you are a diabetic consider wearing secure and comfortable footwear to minimise any risk of trauma to your feet.

## Contact us

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## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and complaints team on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফর্ম্মেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ನಿ ನಮನೆ ಬಾ ಸಾಹಿರನಿ ಪಿಂಜಿ ಲಾಖಾಂನಾ ಸ್ವೇವಾ ಪಿಂಜಿ ಸಾಹಾಸಾಂ ಪಿಂಜಿ, ನೊ ಕೃಪಾ ಕರಿನಿ ಸಮನೆ ಪುಣಿ  
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

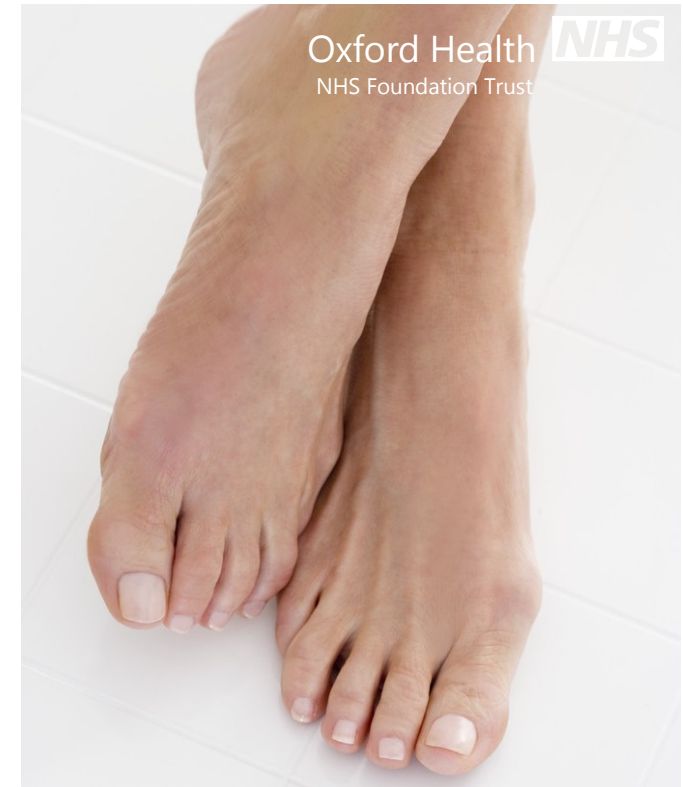
ನಿವರ ಬ್ರೂಕುರಿ ಡಿಂಟ ನಾಹರನಿ ವಿಸಿ ದುನಿ ಬ್ರಾಸ್ ನಾ ನವಲ ಫಿಂಚಿ ಲಾಹಿಸಿ ಲೆಹಿ ತಾ ವಿನಯಾ ಲವ ಲೆ ನಾಕು ಫುಣಿ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں۔۔

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The Podiatry Service is part of our Older People Directorate.



Oxford Health NHS  
NHS Foundation Trust

Podiatry

## Exercises for plantar faciitis

Your heel pain is caused by a traction injury with some inflammation of the tissues of the heel and the underside of the foot. Usually patients have a flat foot, for example loss of the instep (long arch of the foot). The treatment is aimed at relieving your pain and restoring this arch.



Patients often find that trainers or similar shoes give most relief. Please do not walk around in bare feet.

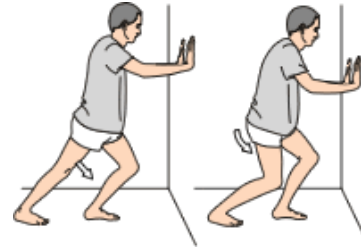
It is important to do stretching exercises for both your Achilles tendon and your plantar fascia.

## Wall push-ups or stretches for Achilles tendon

The Achilles tendon comes from the muscles at the back of your thigh and your calf muscles. These exercises need to be performed first with the knee straight and then with the knee bent in order to stretch both parts of the Achilles tendon.

Twice a day do the following stretches:

a) Face the wall, put both hands on the wall at shoulder height, and stagger the feet (one foot in front of the other). The front foot should be approximately 30 cm (12 inches) from the wall. With the front knee bent and the back knee straight, lean into the stretch (i.e. towards the wall) until a tightening is felt in the calf of the back leg. Hold for 30 seconds, and then ease off. Repeat ten times.



b) Now repeat this exercise but bring the back foot forward a little so that the back knee is slightly bent. Repeat ten times.

## Stair stretches for Achilles tendon and plantar fascia

Holding the stair-rail for support, with legs slightly apart, position the feet so that both heels are off the end of the step. Lower the heels, keeping the knees straight, until a tightening is felt in the calf. Hold this position for 30 seconds and then raise the heels

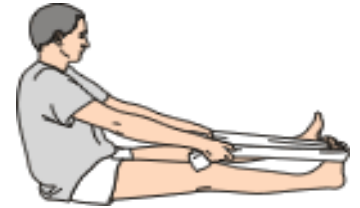


back to neutral. Repeat five times, at least twice a day as a minimum.

## Achilles tendon and plantar fascia stretch

First thing in the morning, loop a towel, a dressing gown cord, a piece of elastic (theraband/yoga band) or a tubigrip around the ball of your foot. Keeping your knee straight,

pull your big toe towards your nose first and then pull your whole foot back, holding for 30 seconds. Repeat five times for each foot. Repeat again five times at night.



## Dynamic stretches for plantar fascia

This involves rolling the arch of the foot over a rolling pin, a drinks bottle or a tennis ball etc., while either standing (holding the back of a chair for support) or sitting. Allow the foot and ankle to move in all directions over the object. Repeat this exercise at least twice a day.

