



PODIATRY ASSOCIATES OF VIRGINIA

Heel Pain Treatment:

~ The "Water Bottle" Technique:

Take an empty two-liter soda bottle and fill it three quarters of the way full with tap water. (Be advised it should be a two-liter sized bottle). Put it in the freezer. Once you stop doing any strenuous activity, or as Dr. Feld has instructed, you will take the frozen bottle out and put it on the ground in front of you. While seated place your sock covered foot on top of the bottle and roll your foot over the frozen bottle in a back and fourth, (front to back) motion. (Do not do this barefooted.) You can do this as needed throughout the day on both feet, but do not do any therapy for more then fifteen minutes per hour.

~ Stretches:

Take a towel and leave it by the side of your bed. When you wake up in the morning you want to loop the towel around the bottom of your foot. (You can do this by holding onto the two ends of the towel and placing the balls of your foot in the middle of the towel.) You want to pull up on the two ends of the towels to make your toes point towards your nose. Keep your foot in this position for 10-15 seconds at a time and stretch each foot 3 times. This technique is the same for both feet, and can be done numerous times throughout the day. Remember to let the towel and your upper arms do all the work.

Notice: Stretching should not cause pain. You may be doing it improperly, or pulling too strongly. If you are unsure, please ask for another demonstration.

Remember: If you have questions at any point in doing these stretches please call the office at 228-1955 and someone will be happy to assist you.

