

figure 1

The first exercise is to mobilise your foot. Good foot flexibility helps to speed recovery.

Position your foot so that your heel and the forefoot at the base of your toes are on the ground and your toes riding up on the ball. It isn't important if you are unable to get your little toe on the ball.



figure 2

Carefully roll your foot forward, following the surface of the ball with your toes. You should end this movement with your toes pointing down to the floor and your heel raised up. In this position you may feel a stretch over the top of your foot. Hold this position for a second pulling your toes towards the ball. Now slowly roll your foot over the ball backwards so that your foot returns the original position illustrated in figure 1. Repeat this exercise 10 time (more if you want to).



figure 3

This exercise helps to strengthen your feet. Strong feet heal quicker.

Try and grip the ball with your toes. Just keep repeating this action for a minute or so. Sometimes you can develop cramp in your foot trying to grip the ball. Should this happen rest for a minute and try again. A few days of these exercises tend to resolve the cramp.



figure 4

If you get a good grip on the ball try and pick the ball up. Don't worry if this seems impossible to do. It is the trying to grip and pick up the ball that is important. In time most people find that they grip the ball much better and can start to pick it up. If you can pick the ball up easily please keep doing these exercises as extra foot strength is always a good thing when resolving heel pain.



figure 5

Another useful exercise is to roll the ball backwards and forwards firmly under the arch of the foot. Two or three minutes of this exercise is usually all that is required to relieve heel pain.

exercise information sheet

get back to being you...



## calf exercises

If you have problems with your balance/stability, please try the alternative calf exercise illustrated in figure 4.



figure 1

Stand on the bottom step of your stairs, or on a thick book. **Support yourself by holding the banister or handrail, or a stable chair if using a book.** (This exercise is best done wearing your shoes with your HeelFixKit insoles inserted). Stand so that the front half of the foot is on the step/book and the hind foot is unsupported.



figure 2

Gently lower your heels until you feel a stretch in the back of your legs. Usually this sensation is just below your knees but can be anywhere in the calf muscle. Try and keep your body upright. Avoid sticking your bottom out! Hold this position for two seconds.



figure 3

Maintaining the upright position slowly rise on your toes. Hold this position for two seconds then slowly lower your heels to the position illustrated in figure 2. Repeat this process ten times. For best results this exercise should be carried out at least twice a day, first thing in the morning and last thing at night.

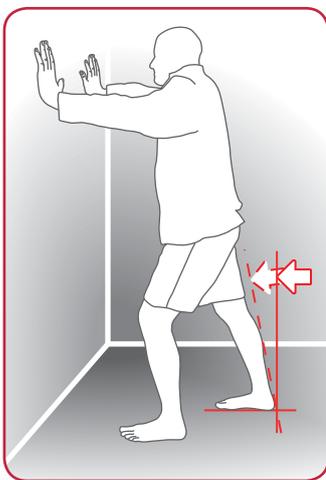


figure 4

Face, and place your hands on a wall for a little support. Place your left foot 50cm (18 inches) in front of the other with your toes pointing towards the wall. Bend your left knee. You should feel a stretch in your right calf muscle. The stretch should be firm but not painful. Hold this position for at least 30 seconds (longer if possible). Now change your leg position to stretch your left calf muscle.

This exercise should be performed barefoot, first thing in the morning.

## taping technique



figure 1

HeelFixKit tape should be trimmed to your foot size. Before removing backing strip, measure and mark tape at one end using size guide below for reference. Fold tape over and trim both ends at the same time.

Size 3-4: Trim 8cm (3 inches)  
Size 5-6: Trim 6cm (2 ¼ inches)  
Size 7-8: Trim 4cm (1 ½ inches)  
Size 9+: No need to trim!



figure 2

Carefully remove the backing strip. Apply tape with the cut-out facing down. Make sure you apply the tape below your Achilles tendon onto the bony part of your heel.



figure 3

Keeping tension on the tape, carefully pull the tape under the arch towards the outside edge of your foot. Adhere the tape firmly in position.



figure 4

Carefully take hold of the remaining tape. Keep tension on tape. Slowly pull the strip under the arch towards the inside of the foot, crossing over existing strip under the arch of the foot. Try to avoid too many wrinkles.

**New tape should be applied every day for 14 consecutive days.**



figure 5

Ensure tape is firmly adhered before standing up. When standing your arch should feel well supported.

Tape should be worn during the day and removed at night-ensuring residual adhesive is washed off.

**Liberal apply talcum powder over surface of tape after application.**

**To remove tape at night soak well with soapy water (e.g. in a bath or shower) and slowly peel away from the skin.**

**Warning:** Problems with foot taping are rare. If you have zinc oxide allergies, diabetes or vascular disease, which has made your skin fragile, we do not recommend you use HeelFixKit tape. Should you develop a rash or persistent itching, we advise you stop using HeelFixKit tape.