A study found that almost three quarters of individuals suffering from heel pain can find significant relief with a regular home exercise program that includes Achilles tendon and plantar fascia stretching.

Adding an inexpensive, off-the-shelf shoe insert to the stretching exercises leads to an even better result.

The following stretching exercises have been recommended by the American Orthopedic Foot & Ankle Society.

Lean forward against a wall, keeping one knee straight while you bend the other knee. (If both of your heels hurt, then you need to reverse this position after you have exercised each heel. If only one of your heels hurts, the painful heel is placed farther away from the wall.) As you bend forward, the leg that remains straight is the one that you will be exercising. As you lean forward, you can feel your heel cord and the arch of your foot that you will be exercising. As you lean onto a table, chair, or countertop. In this exercise, you will flex both of your knees. Squat down slowly. Try to keep your heels on the ground as long as you can when you squat down. You will feel your heel cords and the arches of your feet stretch as your heel finally starts to rise off the ground when you squat down. When you feel these structures really stretching, hold that position for 10 seconds, then straighten up. Repeat this 20 times.

While firmly holding onto the railing, stand on the bottom step of a set of stairs. Balance yourself on the balls of your feet. Slowly lower your heels until you feel your calf muscles really begin to stretch. Hold that position for 10 seconds, then raise up and repeat this exercise 20 times.
Heel pain is one of the most common, painful foot problems encountered by physicians. Once a fairly complex problem to diagnose and treat, studies today indicate that conservative measures should be incorporated as the first line of treatment. The most common type of heel pain is due to a condition known as plantar fascitis. The plantar fascia is a fibrous band that supports the foot arch and helps to maintain foot function. When the plantar fascia becomes overstretched or strained, it can cause pain, typically felt under the heel.

A national heel pain study, performed by the American Orthopedic Foot & Ankle Society (AOFAS), clearly demonstrated that for the initial treatment of plantar fascitis, an affordable, over-the-counter shoe insert, along with a routine of stretching exercises is the “best way to go.” In fact, over 80% of patients using the Hapad Comf-Orthotic® 3/4 Length Insole. have worn more rigid insoles or orthotics.

Hapad Comf-Orthotic® 5/16” Scaphoid Pad

Treat plantar fasciitis in shoes with removable insoles.

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Comf-Orthotic® Sports Replacement Insoles

For athletic or similar style shoes with a removable insole.

• Anti-fatigue and performance insoles for people who lead active lifestyles.
• Tri-laminar materials provide a slightly firmer support, making this insole a comfortable alternative for those who have worn more rigid insoles or orthotics.

Comf-Orthotic® Extra-Cushioning Insoles

A new tri-laminar replacement insole for sensitive and insensitive feet.

• Just like our Sports Replacement Insoles, except the top layer has been replaced with a layer of soft and durable foam that creates a moldable, deformable foot bed.
• Recommended as an affordable, off-the-shelf insole.
• Provide a protective cushioning layer to comfort and protect those who suffer from loss of their natural fat padding.

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