

Heel Cord Stretching Program



This sheet provides information on the preferred method of stretching the plantar and posterior aspects of the leg. Stretching is performed a minimum of 30 minutes each day. This can be broken down into 3 sessions of 10 minutes.

There are 4 stretches outlined below. Each should be performed for 2 to 3 minutes, totaling about 10 minutes. Each 10 minute session is performed 3 times each day, minimum.



Wall Calf Stretch

Assume the position of pushing against a wall with one foot in front of the other. You will be stretching the back leg. Ensure that the heel of your back leg remains on the floor and that the foot is rotated to point the foot in front. Keep the back knee straight and lower hips towards the base of the wall. It is very important that your heel stays on the ground and that your knee is straight. Hold for 60 seconds and then rest. Repeat sequence 2-3 times on each leg.



Wall Plantar Fascia Stretch

This stretch is best done with shoes on. Dig your heel into the floor near a wall and lock your toes in against the wall. Slowly bring your knee towards the wall until you feel a stretch. Your knee should not be able to reach the wall. If your knee touches the wall, place your heel closer to the wall and your toes higher on the wall. Then slowly bring your knee towards the wall until you feel a stretch. Hold for 60 seconds and then rest. Repeat sequence 2-3 times on each leg.



Step Calf Stretch

Stand on the edge of a step and hold on to something for balance. Keep both knees straight and let both heels drop below the step. Hold for 60 seconds and then rest. Repeat sequence 2-3 times.

Getting Out of Bed Stretch

This stretch is best done without shoes. Sit down and cross one foot over the knee of the other leg. Using the hand of the affected side, place fingers across the base of the toes. Pull the toes back towards the shin until you feel a stretch in the arch of the foot. To confirm that you are performing the stretch correctly, use your other hand to feel the tension in the plantar fascia. Hold for 60 seconds and then rest. Repeat sequence 2-3 times on each foot.

