

# Arch strengthening for heel pain

## Why do this exercise?

This exercise is for people with heel pain. It strengthens the muscles under your feet. And it strengthens the muscles in your legs that support them. It's all about making sure the pain you're feeling goes away faster.

## How to do this exercise?

1. Stand on a step with your feet hip-width apart and hold onto something.
2. Position the balls of your feet on the step with your heels hanging over the step.
3. Make sure your toes are curled upwards resting on a folded towel.
4. Slowly raise your heels as high as you can manage. Take at least three seconds.
5. Hold your position for two seconds.
6. Then slowly lower your heels as far as possible – take at least three seconds.

## How often?

Your podiatrist will let you know how many times to do this exercise each day.

- sets
- repetitions each set
- times per day

