

SOUTH SHORE PHYSICAL THERAPY P.C.

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HEEL

1. Stretch calf- painful heel back with knee straight and opposite leg bent; hold 10-15 secs.
2. Stretch calf- painful heel back with knee bent and opposite leg bent; hold 10-15 secs.
3. Stand at bottom step and balance yourself on the balls of your feet; lower yourself as low as you can; hold count 10. Do 5-10 toe raises then continue with stretch.
4. Use Ice bottle and roll foot on ground – 5-10 minutes
5. Brush bottom of foot on edge of coffee table.
6. Hamstring Stretch: Foot on step-knee straight, toes point to nose, stretching bottom of thigh
7. Flex toes tightly for 10 seconds.
8. Spread toes apart hold 5 seconds.