

## Heel & arch pain Stretching Exercises



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Tightness of the achilles tendon and plantar fascia (see above) can cause pain in the heel and arch of the foot called "plantar fasciitis". The achilles tendon attaches to the calf muscles.

Stretching these structures will decrease the pressure to the heel and have less pull on the arch. Here's a good stretching guide. Hold each stretch for 30 seconds and repeat 3 times per day and after training.

