Heel Pain Rehabilitation

एड़ी के दर्द की कसरतें

That sharp pain with your first step in the morning? Nine exercises — release, strengthen, stretch — to ease plantar fasciitis.

9	8 min	3
exercises	guided session	parts

Plantar fasciitis is the classic cause of heel pain that is worst with the first few steps of the morning or after sitting for a while. The tissue under the foot and the calf muscles above it work as one chain — so we treat both.

This routine starts with self-release using a small ball and a cold water bottle, then strengthens the calf, soleus and the small muscles of the foot, and finishes with stretching and slow, eccentric calf work.

Step 01 · Release

Release the sole



Duration	Equipment
5 min	Soft ball, Chair

Exercise 01

Ball Release (MFR)

गेंद से मालिश

How to perform

1. Sit on a chair with a small ball under your sole.
2. With gentle pressure, roll it back and forth from heel to toes.



Exercise 02

Cold Water Bottle Release

ठंडी बोतल से मालिश

How to perform

1. Before your first step in the morning, sit on a chair and roll a cold water bottle under your sole with gentle pressure.

Safety note
Best before the first morning step

Duration	Equipment
5 min	Water bottle, Step & rail

Step 02 · Strengthen

Calf and foot strength



Exercise 03

Calf Strengthening

एड़ियाँ उठाएँ

How to perform

1. Stand holding a chair, knees straight.
2. Rise up onto your toes, then slowly lower your heels.

Sets	Reps	Equipment
3	10	Chair



Exercise 04

Soleus Strengthening

बैठकर एड़ियाँ उठाएँ

How to perform

1. Sit with knees bent and feet flat.
2. Press down lightly on your knees with your hands and lift your heels, keeping toes down.
3. Lower.

Sets	Reps	Equipment
3	10	None



Sets	Reps	Equipment
3	10	Towel

Exercise 05

Toe Curls

उँगलियों से तौलिया खींचें

How to perform

1. Sit with a towel under your foot, heel down.
2. Curl your toes to pull the towel towards you, then relax.



Sets	Reps	Equipment
3	10	Resistance band, Chair

Exercise 06

Seated Inversion

पंजा अंदर मोड़ें

How to perform

1. Loop a band around your forefoot, anchored to the outside.
2. Heel down, turn the foot inward towards the other foot, then return slowly.



Sets	Reps	Equipment
3	10	Resistance band, Chair

Exercise 07

Seated Eversion

पंजा बाहर मोड़ें

How to perform

1. Loop a band around your forefoot, anchored to the inside.
2. Heel down, turn the foot outward away from the other foot, then return slowly.

Step 03 · Stretch & load

Stretch and slow lowering



Sets	Reps	Equipment
3	10	Wall

Exercise 08

Calf Stretch

पिंडली में खिंचाव

How to perform

1. Hands on a wall, exercising leg behind with the knee straight.
2. Keeping that heel down, bend the front knee until you feel the back calf stretch.



Sets	Reps	Equipment
3	10	Chair

Exercise 09

Eccentric Calf Exercise

एक पैर से धीरे एड़ी नीचे

How to perform

1. Holding a chair, rise onto both toes.
2. Lift the other foot off the floor and slowly lower the exercising heel all the way down.
3. Rise on both feet and repeat.

When to stop

If heel pain is getting worse, or you notice swelling, numbness or pain at rest, stop and see your doctor.

These guides support — they don't replace — the plan from your own doctor or physiotherapist.
Voice-guided sessions are on the Monica Singh website and app.