

AVOIDING HEEL PAIN AT THE GYM



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PODIATRIST

Has it happened to you yet?

You've been told to stop exercising because of your sore heel or suspected plantar fasciitis. Don't Worry - This diagnosis by your Perth Podiatrist, or even your GP doesn't need to be the end of your fitness regime. But you do need to modify your gym routine so you're not aggravating strained and damaged foot and leg structures!

Disclaimer: If you're suffering from heel pain or plantar fasciitis and haven't had it expertly examined by a Perth Podiatrist then you're risking your recovery. Don't take the advice in this Perth Podiatry Handout over the advice of your Perth Podiatrist, General Practitioner, or any health care professional who is actually aware of your specific situation.

Lucky for you...

Foot and Leg Specialists Podiatry Clinics are conveniently located in Bassendean & Warwick so call or make a web enquiry today to get your heel pain or plantar fasciitis pain resolved faster.

4 Main Causes for Your Heel Pain

- 1) Plantar Fasciitis
- 2) Strained Foot Muscles
- 3) Achilles Tendonitis
- 4) Ankle Sprain

Your Gym Heel Pain Cheat Sheet:

Avoid:

- 1) Standing Squats (incl variations)
- 2) 45 Degree Incline Press
- 3) Standing Deadlift (incl variations)
- 4) Standing or Seated Calf Raise
- 5) Machine Press
- 6) Lunges

TRY:

- 1) Leg Extension Machine
- 2) Hamstring Curl Machine
- 3) Back Extension Machine
- 4) Lying Leg ABDuction
- 5) Lying Leg ADuction
- 6) Lying Leg Raise

DON'T SKIP CARDIO - MODULATE IT

Cardio forms an important part of every great workout so don't skimp on cardio, instead try a machine that is more forgiving on your heels.

Instead of running, walking or jogging, try the elliptical /cross trainer machine. Using the bike and going at a gentle pace for 30 minutes still burns fat

AND DON'T FORGET TO STRETCH!

Let pain be your guide - if your heel pain isn't getting better or it's getting worse then get it properly assessed by a podiatrist (ideally one of ours!).

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