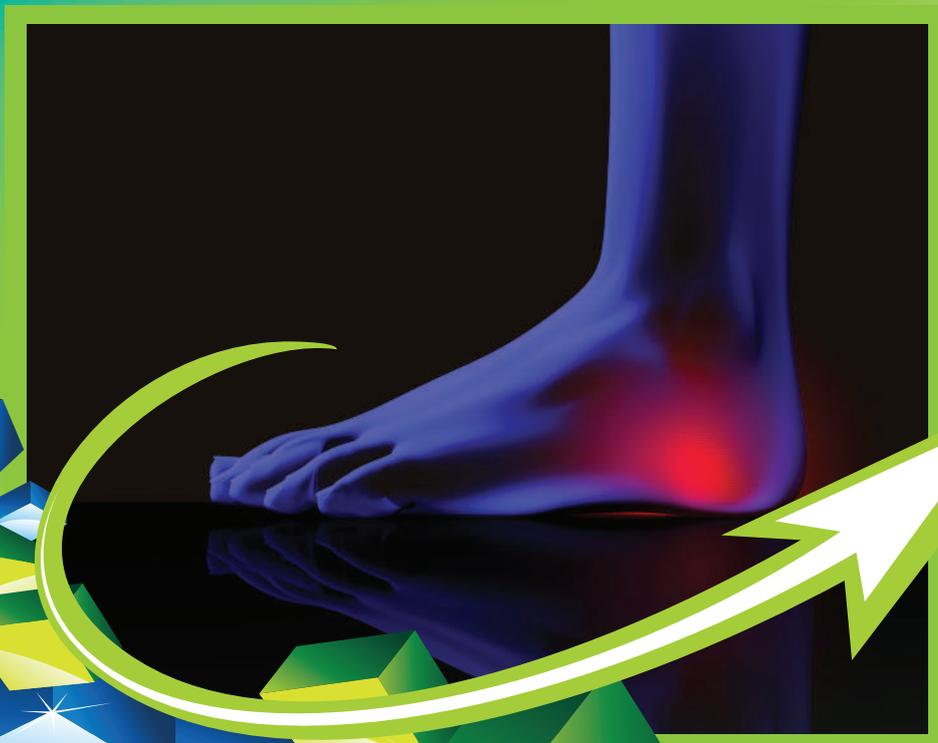


3 step  
footprint  
to

# HEEL PAIN RELIEF



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# 3 step footprint to **HEEL PAIN RELIEF**

Ok. So you wake up, sit up, swing your legs over the side of the bed, put your feet on the floor, stand up and go to take your first step of the morning and then **"BOOM"**, there is that pulling, over stretching pain in the heel of your foot. **"OUCH"**. You take another step. **Double "OUCH"**. You take another step. **Triple "OUCH"**. You take another step. **Quadruple "OUCH"**. I'm pretty sure you get the picture.

Now, two things are either going to happen.

1. You hobble around for a little and the pain becomes bareable if not goes away for a while or;
2. There is an annoying ache in your heel all day long.

Whatever happens, you can be assured you will experience the same scenario the very next morning. You may even experience it after you have been sitting down for a while. It is a dead set pain in the butt (or at least the foot).

If you requested this Footprint, then I am pretty certain you know the pain I am talking about and how the scenario goes. Lucky for you I have developed this guide maybe just for you.

So follow the steps as they appear in this footprint. Do not miss any steps and do not change the steps around and I guarantee you heel pain relief. I will also include my personal email so if for any reason your heel pain is not resolving, you will let me know and we will see what is holding you back from being heel pain free.

Lets do this!



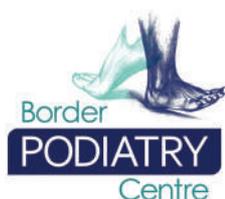
Amy Klein

My name is **Amy Klein**

Lately i've been seeing more and more people suffering from heel pain. Heel pain can be completely debilitating for those that suffer with it and it affects so many aspects of your life. It drives me nuts seeing people suffer so badly. That's why I have developed this guide. It is so rewarding to see people make the shift, get pain free and reclaim their lives. So **THANK YOU** for downloading this guide. Working together I am certain you can get **heel pain relief** and get your life back on track.

**Amy** (heel pain guru) **Klein**

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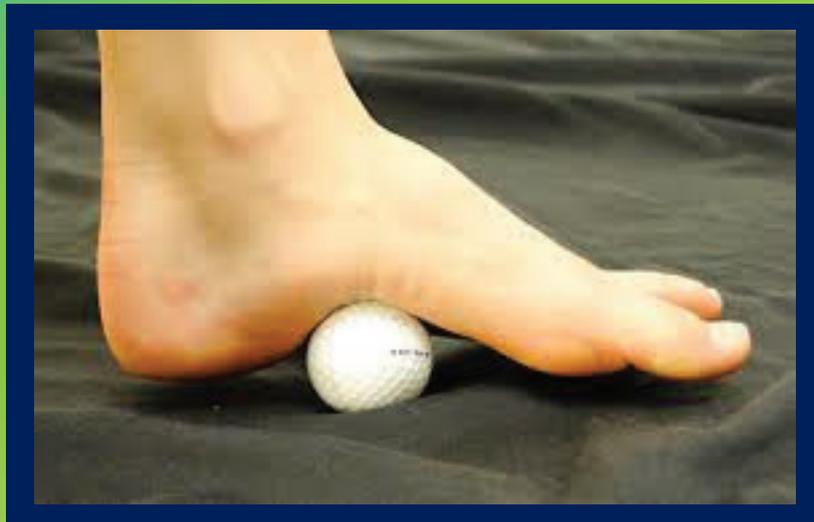
# You will need:

- ✓ A golf ball or a massage ball
- ✓ A small tightly rolled up towel (a face washer works really well here)



## Step 1:

1. Wake up 5 minutes earlier (you may have to set your alarm for 5 minutes earlier the night before)
2. As you put your feet on the floor after waking up, roll the affected heel on a golf or massage ball. Make sure you use a bit of pressure and extend it into the arch of the foot. Do this for approximately 1 minute.



3. That's step 1 done. Easy right?

## STEP ONE ✓

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# Step 2:

## Plantar fascia stretching



Stretching of the plantar fascia is a simple but effective exercise when managing heel pain

- After you have performed step 1, on the affected foot pull your toes (especially your big toe) back towards yourself as far as possible
- Hold this position for 30 seconds - during this time you can also massage your heel through the region of the arch (shown below)
- After 30 seconds release the tension on your toes back to 50% of the pull and hold for a further 30 seconds
- Repeat each hold 3 times each, twice a day along with your other heel pain management



# STEP TWO ✓

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# Step 3:



Now this is a little trickier but I am sure you've got this

1. Put yourself in a split stance position with your affected foot / heel being the back leg. Make sure you have both feet facing forward. Under the inside of your affected foot place the tightly rolled up towel under the arch area so you have more pressure on the outside of your foot.



# Step 3 continued:



2. Now, keeping the back leg straight and the heel in contact with the ground at all times, put your arms out in front of you and reach forward bending the front leg at the same time. Make sure you don't twist your hips, we want you nice and straight. You should feel a stretch in the calf in the back leg.



3. Return to the start position and do this again. Stretch and release. Stretch and release. You want to do this about 20 times if you can. Don't hold the stretch. Just stretch and release

## STEP THREE ✓

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# And there it is!



## Your 3 Step Footprint to Heel Pain Relief

Now as I said. Follow the steps in the order in which they appear and don't skip anything. Keep in mind everyone will get different results at different times but I guarantee you will start to feel better almost immediately.

## Your next step

Now this is just a guide that you can do yourself at home to help treat the symptoms, the painful part if you like.

But if you are serious about healing your heel pain for good, never to return ever again, you may want to book "The 3 step heel pain relief session" appointment with me.

In this expert 30 minute session you will :

- ▶ finally discover what is causing your heel pain
- ▶ learn the most important self management treatment to keep your heel pain at bay and leave knowing how to apply it
- ▶ receive a personalised plan to get you heel pain free FAST
- ▶ receive expert heel treatment to help give you relief



Amy

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