

# The 2 STEP GUIDE

# TO RELIEVE YOUR CHILD OF HEEL PAIN

WITH NO EXERCISES  
INVOLVED!



My name is Amy Klein.

I am the owner of **Border Podiatry Centre** and work with an amazing and dedicated team of people.

At **Border Podiatry Centre** we help people get out of foot and leg pain fast. We expertly assess what is holding their recovery back. We give our clients their very own step-by-step footprint to get them to where they want and need to be. We treat the cause and stop the pain quickly and for good.

The **2-Step Guide to Relieve Your Child of Heel Pain With No Exercises Involved** came about after my rapidly growing 11-year-old son came to me complaining of heel pain. Me being a parent said, "They are just growing pains. You will grow out of it" and me being a Podiatrist and seeing and treating heel pain in children everyday, I knew exactly what he had to do. There was a problem though – he didn't want to do what he had to do which was to take only 1 minute out of his day to stretch his calf muscles. He was however more than happy to keep complaining, and keep complaining, and keep complaining. I had to do something and I did. I developed **The 2-Step Guide to Relieve Your Child of Heel Pain With No Exercises Involved**.

Please note, this guide will relieve your child of heel pain. It does not go into different causes of heel pain nor does it give you a definitive diagnosis. It is merely treating the symptoms – your child's heel pain. It is recommended you get your child assessed by the expert team at **Border Podiatry Centre** for that.



Disclaimer

This is to be used as a guide only and does not give you a diagnosis or cause of the heel pain. The instructions presented in this guide are in no way intended to substitute as an expert consultation. Any form of treatment is not without its risks. Risks may include, but are not limited to, risk of further injury and a tape allergy. If you are concerned about anything in this guide you are advised to seek professional attention.

5/91 Hume Street  
Wodonga VIC 3690  
02 6024 5577

enquiries@borderpodiatrycentre.com.au  
www.borderpodiatrycentre.com.au

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## Step One – Heel Lifts

It is best to get heel lifts that stick into the shoe. Ones that are not too hard or too high and fit the shoe and the foot

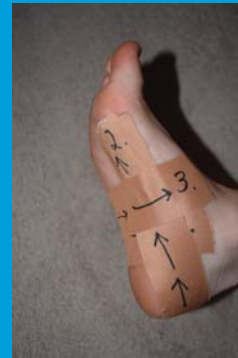
**Tip:** If the shoes have removable insoles it is best to place the heel lifts under them

If purchased from us, remove the yellow paper and stick them in the back of the shoes – as far back as they will go. One heel lift for each shoe. I find sticking them in is better than not as they will not slip forward



## Step Two – Taping the feet

1. Have your child sitting on a bench or table with their legs straight and hanging over the edge
2. Have your child pull their toes towards their face so they get their ankle bending upwards
3. Starting with a short strip of tape place it on the outside of the foot and pull it across the bottom of the foot using a little tension (not too much) finishing on the inside of the foot (make sure the skin is not creased under the tape)
4. Cut a second strip of tape 3 times as long as the first. Place one end on the outside of the foot just behind the knuckle of the 5th toe. Using a little tension pull the tape around the heel and pull up to finish at the knuckle of the 1st toe
5. Repeat step 3 but overlap the 1st piece of tape slightly
6. Repeat step 4 also overlapping the second piece of tape slightly
7. Repeat step 3 and overlap the 3rd piece of tape slightly



Slowly allow your child to put the foot to the ground– be careful because it will feel tight but persevere for 20 minutes and it will become quite comfortable.

**THAT'S IT! NO STOPPING ACTIVITY. NO ICE. NO EXERCISES. DO THIS BEFORE SPORT. DO IT AT THE START OF THE DAY. DO THIS WHENEVER YOUR CHILD EXPERIENCES HEEL PAIN.**

There is always a fast tracked solution to resolving heel pain, a solution that doesn't involving taping everyday. A solution where you do not need heel lifts stuck in all the shoes. A solution that addresses the underlying causes of the heel pain. This is your child's expert assessment to resolving heel pain for good.

Call Border Podiatry Centre on 02 60245577 and we can organise the expert assessment for your child.

In the meantime, I guarantee this will help with your child's heel pain. If you have any questions regarding this guide, give us a call and we would love to help you out.

