

WHY THIS MATTERS

If you're dealing with plantar heel pain (also known as plantar fasciitis), your recovery isn't just about what you do in clinic – it's about what you do at home, at work, and on the go.

Sometimes, small habits can unknowingly make symptoms worse... or stop them from getting better.

This leaflet highlights common missteps and simple swaps to help you heal faster.

1 BAREFOOT TIME ON HARD FLOORS

Why it's a problem:

Many people walk barefoot or in socks around the house – but hard surfaces like wood, tile, or concrete offer zero cushioning. This increases strain on your heel, especially first thing in the morning.

Try this instead:

- Wear cushioned, supportive indoor shoes or trainers at home
- Avoid walking barefoot, especially after long periods of rest or sleep
- Consider a recovery sandal or orthotic slipper if needed

2 SUDDEN ACTIVITY SPIKES

Why it's a problem:

Doing too little for days, then suddenly going for a long walk or tackling housework can overload your heel.

Try this instead:

- Keep daily activity **consistent** and gradually increase step count
- Build tolerance slowly – even pacing around the supermarket counts
- Don't save all your errands or chores for one "big" day

3 IGNORING THE FIRST STEP OF THE DAY

Why it's a problem:

The tissues in your heel tighten overnight.



Home Habits That Might Be Sabotaging Your Plantar Fasciitis Recovery

How small, everyday actions can stall your progress

Jumping out of bed and walking unprepared can cause a painful strain each morning.

Try this instead:

- Do a 60-second bed stretch (ankle pumps, towel stretch, or toe scrunches) before standing
- Keep slippers or shoes by the bed
- Start your day with support, not strain

4 POOR FOOTWEAR CHOICES

Why it's a problem:

Flip-flops, worn-out shoes, or trendy but unsupportive flats don't help recovery. Even a short walk in the wrong shoes can trigger a setback.

Try this instead:

- Choose footwear with good arch support and cushioning

- If in doubt, bring shoes to a professional and ask for guidance
- Remember: comfort matters more than style (at least for now!)

5 SITTING TOO LONG WITHOUT MOVING

Why it's a problem:

Long sitting leads to heel stiffness. That next step becomes more painful, especially after driving, watching TV, or working at a desk.

Try this instead:

- Every 30–60 minutes, stand up and do a short stretch
- Do ankle circles or toe curls under your desk
- Keep a massage ball or frozen bottle handy to roll underfoot

FINAL THOUGHT

Healing isn't just about what's done to you – it's what you do for yourself, each day.

These small adjustments, done consistently, are often what tip the balance from persistent pain to progress.

Need help or have questions? Get in touch. We're here to help.

Little Changes That Make a Big Difference

- Always wear shoes indoors (even just comfy trainers)
- Break up long days with gentle calf stretches
- Start a daily 5-minute foot care routine
- Track your activity and pain level – patterns matter
- Don't expect overnight results – healing is gradual



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