

# Heel Walks

Doing heel walks will help strengthen the tibialis anterior, the muscle that is located in the front of the shin. The primary action of the tibialis anterior is to flex the foot upward while maintaining the heel on the ground. For people who have high arches in their feet this muscle is often weak and will lead to plantar fasciitis. Strengthening this muscle is a great way to prevent and reduce the symptoms of plantar fasciitis, such as inflammation. One way to strengthen the muscle is to walk on your heels.

## THE MOVE

 To perform Heel Walks:

- Stand on your heels with your toes as high as possible
- Walk for 30 seconds.
- Rest and repeat 3 times.

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