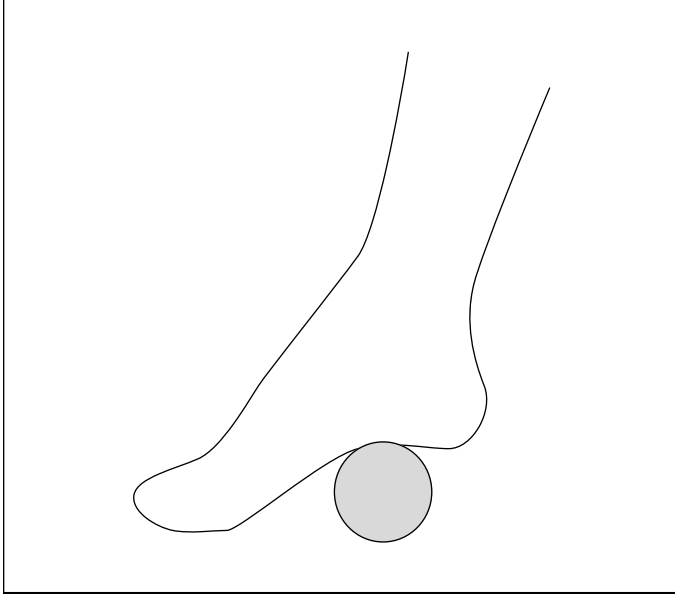


Plantar Fasciitis Exercises Handout

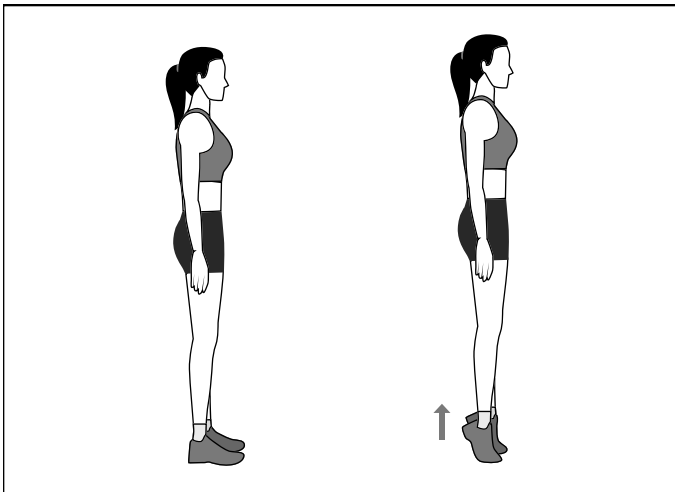
Plantar fasciitis is a common foot condition that causes heel spur pain, Achilles tendon pain, and difficulty walking. It involves inflammation of the plantar fascia, the ligament that runs along the bottom of the foot, connecting the heel bone to the base of the toes.

The following exercises are designed to lightly stretch the plantar fascia to support the strength of the tendon to reduce foot pain.



Plantar fascia massage

1. You can use a frozen water bottle, tennis ball, or golf ball. If using a water bottle, you can freeze it for added cooling relief.
2. Sit down and place the affected foot on top of the frozen water bottle (or another round object), positioning it so the arch of the foot is on the bottle.
3. Apply moderate pressure and slowly roll the foot back and forth over the bottle, focusing on the arch area.
4. You should feel a gentle stretch, but avoid any sharp pain. Adjust the pressure if necessary to keep it comfortable.
5. Continue rolling the foot for 5 to 10 minutes, or as long as it feels comfortable.



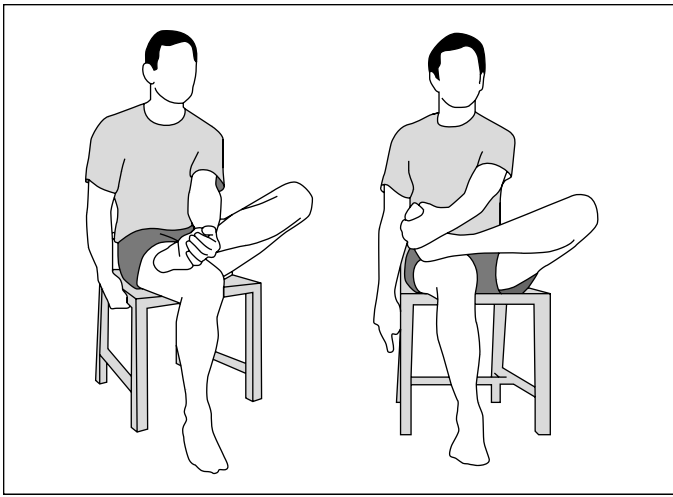
Heel raises

1. Position yourself with your feet in a neutral stance, keeping them parallel.
2. To maintain balance, you can hold onto a handrail or wall for stability.
3. Slowly lift your heels off the ground, pushing up on the balls of your feet.
4. Slowly lower your heels back down to the starting position, maintaining control throughout.
5. Perform the movement for several repetitions or as many times as you feel comfortable.



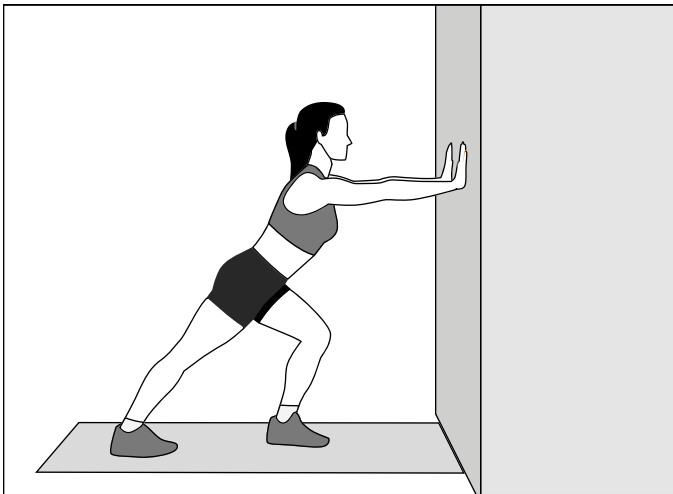
Towel scrunches

1. Place a towel on the floor under the sore foot.
2. Sit or stand with the foot flat on the ground, ensuring the towel is beneath the toes.
3. Using only your toes, curl them to grip the towel and begin pulling it toward you.
4. Keep your foot flat on the ground and continue scrunching and drawing the towel toward you for 10 to 15 repetitions, or as long as it feels comfortable.
5. Ensure that only your toes are working during this exercise, with the rest of your foot remaining stationary.



Plantar fascia stretch

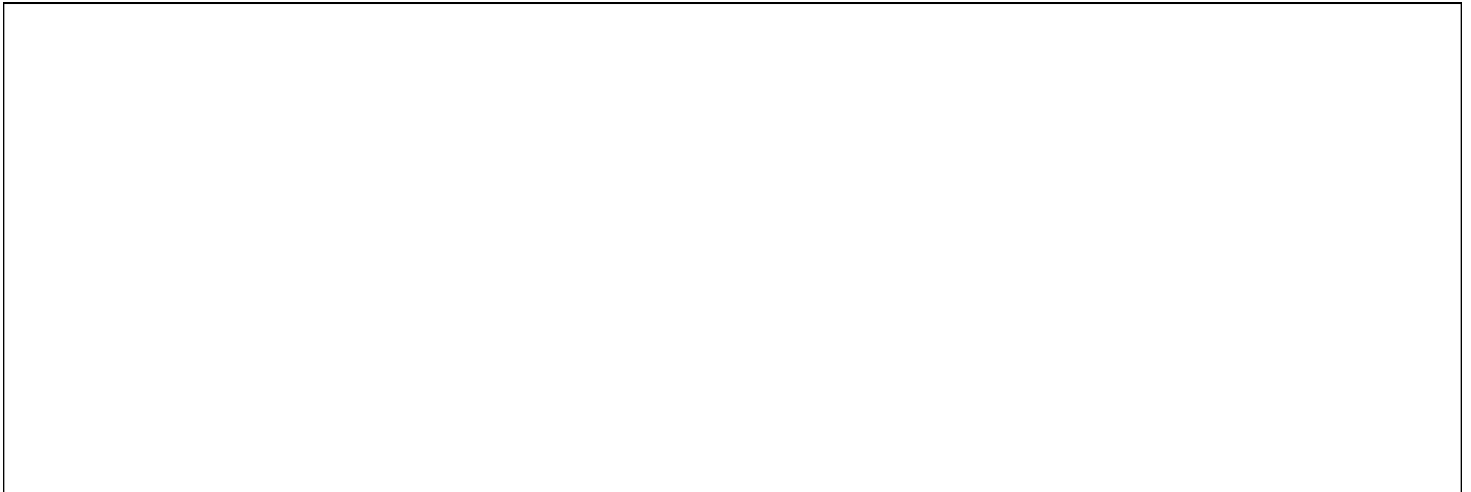
1. Sit in a chair and place the impacted foot over your other knee.
2. Gently hold your toes with your hand and slowly pull them backward toward your body.
3. Feel a stretch along the bottom of your foot and in your calf. Keep the movement slow and controlled.
4. Maintain this position for 20 seconds, focusing on the stretch without forcing it.
5. Release and repeat the stretch three times, ensuring you're performing each one with care and control.



Calf stretch

1. Position yourself about arm's length away from the wall, with your palms flat against it.
2. Keep both feet flat on the ground, with the impacted foot extended straight behind you and the other foot in front.
3. Slowly bend the front knee, keeping the back leg straight and the heel of the impacted foot on the ground.
4. As you bend your front leg, you should feel a stretch in your calf muscle on the back leg (the impacted foot).
5. Hold the stretch for 20 to 30 seconds, then repeat 2 to 3 times, making sure to stretch slowly and gently.

Additional notes



References

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