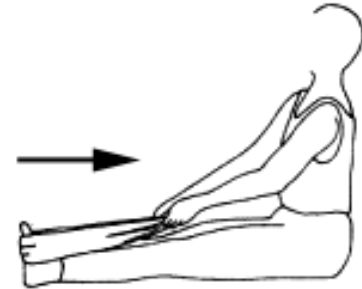




Stretching Exercises for Plantar Fasciitis

Drs. Rion A. Berg and Robyn Paloian

TOWEL STRETCH - Sit on a hard surface with your painful foot stretched out in front of you, and your back straight. Loop a towel around the ball of your foot, and pull the towel toward your body. Be sure to keep your knee straight. Hold this position for thirty seconds and repeat three times. You can do this stretch before you get out of bed.



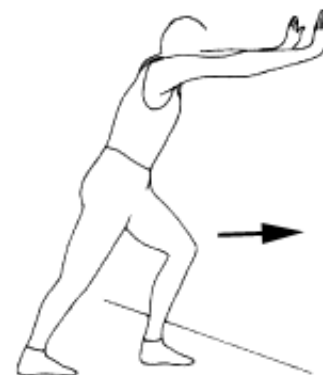
TOWEL STRETCH

PLANTAR FASCIA STRETCH - Perform this stretch on a stair or step. Be sure to hold onto a railing for balance. Standing with the ball of your injured foot on a stair and slightly toed out, reach for the bottom of the step with your heel until you feel a stretch in the arch of your foot. You can use your body weight to gently, gradually deepen the stretch. Hold this position for thirty seconds. Relax, and then repeat three times.



PLANTAR FASCIA STRETCH

STANDING CALF STRETCH - Facing a wall, put your hands against the wall at about eye level. Keep the painful foot back, and the heel of that foot on the floor. Turn your painful foot slightly inward as you slowly lean into the wall, until you can feel a stretch in the back of your calf. Hold for thirty seconds. Do this several times a day.



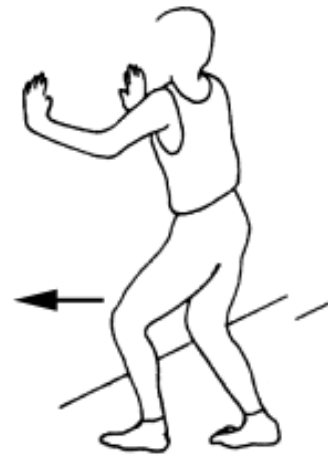
STANDING CALF STRETCH

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STANDING SOLEUS STRETCH - Stand facing a wall with your hands on the wall at about chest level. With both knees slightly bent and the painful foot back, gently lean into the wall until you feel a stretch in your calf. Once again, slightly toe-in with the painful foot and keep your heel down on the floor. Hold this for thirty seconds. Return to the starting position, and repeat three times.



STANDING
SOLEUS STRETCH

MASSAGE – While seated, roll a can or a ball under the arch with gentle pressure to massage the painful area. You can use a frozen juice can for the anti-inflammatory benefits of icing while you massage.

