

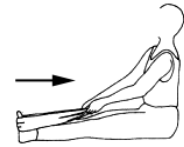


Stretching Exercises for Plantar Fasciitis

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Towel Stretch

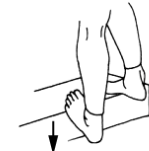
1. Sit on a hard surface with your painful foot stretched out in front of you, and your back straight. Loop a towel around the ball of your foot, and pull the towel toward your body. Keep your knees straight.
2. Hold this position for thirty seconds and repeat three times. You can do this stretch before you get out of bed.



TOWEL STRETCH

Plantar Fascia Stretch

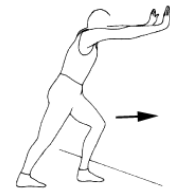
1. Stand with your toes on a step and your heels off the edge. Slowly lower your heels down, hold for 15 seconds, and then lift your heels to their starting position. You can either do both feet at the same time or one foot at a time. .
2. Hold this position for thirty seconds. Relax, and then repeat three times.



PLANTAR FASCIA STRETCH

Standing Calf Stretch

1. Facing a wall, put your hands against the wall at about eye level.
2. Keep the painful foot back, and the heel of that foot on the floor.
3. 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.
4. Hold for thirty seconds. Do this several times a day.



STANDING CALF STRETCH

Standing Soleus Stretch

1. At a wall with both knees slightly bent and the painful foot back, gently lean into the wall until you feel a stretch in your calf.
2. Slightly toe-in with the painful foot and keep your heel down on the floor. Hold this for thirty seconds and repeat three times.



STANDING SOLEUS STRETCH

Massage

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

