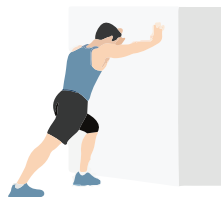




BEST STRETCHES AND EXERCISES FOR PLANTAR FASCIOPATHY AND HEEL PAIN

STANDING CALF STRETCH



- Lean your hands against a wall
- Straighten the knee of one leg and bend the other knee in front.
- Keep both feet flat on the ground and bring your hips forward.
- Hold the stretch for 15s
- Repeat the stretch 3 times on both sides
- This stretch can also be performed with the knee slightly bent.

SEATED CALF STRETCH



- Try using a resistance band or a towel
- Sit on the floor with one leg straight out in front of you and the other leg bent.
- Loop the middle of the resistance band or the towel around the bottom of the foot with the straight leg.
- Hold the ends of the band or towel and pull towards you to flex your foot and stretch your calf
- Hold the stretch for 15s
- Repeat the stretch 3 times on both sides

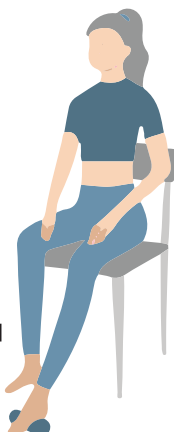
TOE DIP

- Find a stable step and have something to hold onto for balance.
- Stand on the step with both feet.
- Place the forefoot of one foot on the edge of the step so your heel is hanging off the end.
- Drop your heel down to the ground. Remember to keep the leg straight.
Hold the stretch for 15s
- Repeat the stretch 3 times on both sides.
- You can do both feet at once, but you will get a better stretch if you do one foot at a time.



FROZEN BOTTLE/BALL ROLL

- Place a frozen “buddy” coke bottle or a golf, tennis or squash ball under your foot.
- Roll continuously for 2 minutes.
- Do this stretch before getting out of bed in the morning or after sitting for long periods.



KNEELING PLANTAR FASCIA STRETCH

- Place a pillow under your knees.
- Get down on your hands and knees on the floor.
- Keep your heels pointing up and the balls of your feet and toes on the floor.
- Slowly sit back towards your ankles.
- If this is too difficult you can do the stretch one leg at a time.
- Hold the stretch for 15s
- Repeat 3 times.



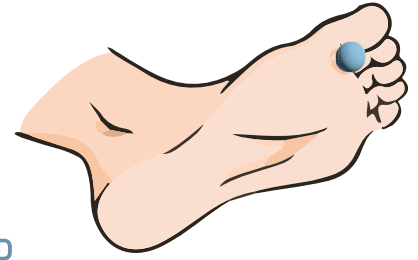
BEST EXERCISES TO STRENGTHEN THE FOOT AND ANKLE

TOE CURLS



- Sit in a chair with your feet flat on the floor.
- Lay a small towel on the floor in front of you.
- Place the toes of one foot on the bottom end of the towel.
- Grasp the towel between your toes and pull it towards yourself.
- Repeat this exercise 5 times on one foot and then switch to the other foot.
- To make this exercise more challenging weigh down the opposite end of the towel with an object.

MARBLE PICKUP



- Sit in a chair with your feet flat on the floor.
- Place 5 marbles on the floor in front of you.
- Try to pick up a marble using your toes of one foot and place it in a cup.
- Repeat the exercise 5 times on one foot and then switch to the other foot.

ANKLE DORSIFLEXION AND PLANTARFLEXION

- This exercise requires a Thera Band.
- Sit on the floor with your legs straight out in front of you.
- For dorsiflexion: Anchor the elastic band on a chair or table leg, then wrap it around your foot. Pull your toes toward you and slowly return to the start position.
- For plantar flexion: Wrap the elastic band around your foot and hold the ends in your hand. Gently point your toes and slowly return to the start position.
- Repeat both exercises 3 times.



RESISTED ANKLE EVERSION



- Sit on the floor with your legs straight out in front of you.
- Loop a Thera band around the outside of one foot. Press your other foot against the band.
- Keeping your leg straight, slowly push your other foot outward against the band and away from the other foot without letting your leg rotate then count to 10 as you slowly relax.
- Repeat this exercise 3 times.
- You can also sit with your foot flat on the floor and push it outward against a wall.
- Hold for about 6 seconds.

RESISTED ANKLE INVERSION



- Sit on the floor with one leg crossed over the other.
- Loop a Thera band around the inside of one foot.
- Press your other foot against the band.
- Keeping your legs crossed, slowly push your other foot against the band so that the foot moves away from the other foot then count to 10 as you slowly relax.
- Repeat this exercise 3 times.

ANKLE ALPHABET ABC

- Sit with one leg extended out in front of you.
 - Place a pillow under the calf so that the foot hangs over the other side.
 - Use the big toe to draw the letters of the alphabet in the air.
- Repeat the exercise 3 times on each side.

SINGLE LEG BALANCE

- Stand next to a support surface.
- Keeping both knees straight, lift one foot in the air, balancing on one leg.
- Hold a single leg balance for 30 seconds.
- Use occasional support as needed.
- Repeat this exercise 3 times on each leg.

