

EXERCISES EXAMPLES TO USE WITH PLANTAR FASCIITIS

Massage

- Sitting in a chair, put a rolling pin or frozen bottle of water under the arch of your foot. Roll the arch of your foot over the object in different directions. A tennis or chilled golf ball could also be used. Perform this exercise for a few minutes for each foot at least twice a day to massage the fascia.

Stretching

- Sit on the floor with your legs out in front of you. Loop a towel around the ball of one of your feet. Holding the ends of the towel and with your knees straight, pull the towel towards you so that your toes bend towards your body. Hold the position for 30 seconds and repeat 3 times. Do the same with the other foot. Try to do this daily, you may find it best in the morning before you get up.
- Stand facing a wall with both hands on the wall at shoulder height and with feet slightly apart place one foot in front of the other. Bend the front knee but keep the back knee straight, heel on the floor and lean in towards the wall to stretch. Adjust foot position if needed but you should feel your back calf muscle tighten. Hold position for 30 seconds, then relax. Repeat 3 times then switch to the other leg. Then repeat this exercise but bend both knees as you drop your weight down into the back foot, now feeling the stretch lower down the calf muscle.
Try to do this exercise twice a day.
- Stand on the bottom step of some stairs with your legs slightly apart and with your heels just hanging off the end of the step. Holding the stair rail for support, lower your heels and feel the stretch in your calves. Don't bounce, just gently hold the position for 30 seconds then relax for 10 seconds. Repeat 3 times.
Try to do this exercise twice a day.

Strengthening

- Sit on a chair with your knees bent at right angles and your feet and heels flat on the floor on top of a towel. Keeping your heels on the floor, try to keep scrunching your toes up to move the towel closer towards you. Repeat several times.
Try to do this exercise twice a day (maybe whilst watching TV!)
- Whilst standing, raise up on to your tip toes lifting heels up off the floor. Try to hold and then slowly and with control, return to standing foot flat. Repeat 3-5 times.
Try to do this twice a day.