

Nottinghill Family Wellness Centre

Plantar Fasciitis

Stretches



PLANTAR FASCIA SELF STRETCH

Grasp foot and pull big toe towards you as far as you can. Aim to feel the stretch through the bottom of the foot.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



GASTROCNEMIUS STRETCH

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the back leg STRAIGHT.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your BACK leg.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



SOLEUS STRETCH

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the back leg BENT.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your BACK leg.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

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Soft Tissue Mobilization



FROZEN WATER BOTTLE

Use a frozen water bottle (plastic, no glass). In a seated position, roll the bottom of your foot with moderate pressure. Use as much pressure as you can tolerate without discomfort.



PLANTAR FASCIA ROLL

While seated, place a small ball under the arch of your foot and press into it while rolling it around. A tennis ball or golf ball work well.

Use this form of self-soft tissue massage technique for the arch of the foot.

Repeat 3 Times
Hold 1 Minute
Complete 1 Set
Perform 1 Time(s) a Day

Exercises



TOWEL SCRUNCHES

While seated, use a towel and draw it back towards you using your toes.

Be sure to keep your heel in contact with the floor the entire time, and use your toes to pull the towel under your foot.

Repeat 3 Times
Complete 1 Set
Perform 1 Time(s) a Day

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ARCH STRENGTHENING

Begin with resistance band tightly looped around bottom of foot, toes pulled back to stretch. Control movement of foot going into a neutral position, and then curling the toes under to pull up the arch of the foot. Slowly return to neutral.

This exercise should only be completed later in the rehab process. Start with towel scrunching exercise, and progress to this one.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day