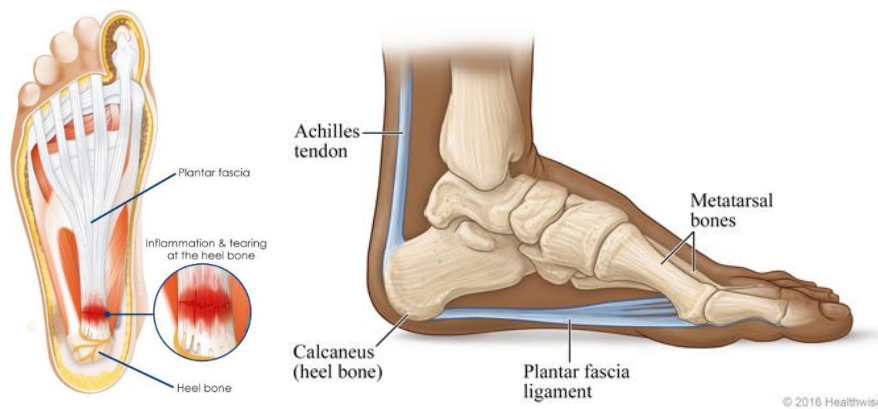


PLANTAR FASCIITIS



DAILY STRETCHING ROUTINE



1. Seated Plantar Fascia Stretch and Massage Technique

Before standing after sleep or after prolonged sitting:

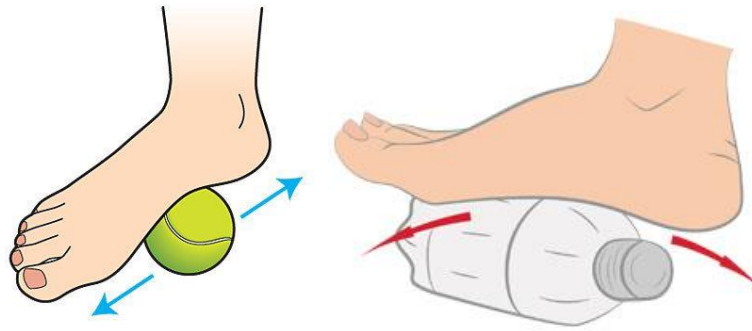
Sit on edge of bed or in a chair. Cross the painful foot over your other knee.

Gently pull all five toes backward with the same hand as the painful foot until you feel a stretch in the bottom of your foot. Hold this position. With the other hand, perform firm and deep massage of the thick band of tissue on the bottom of your foot for 1-2 minutes.



2. Seated Calf Stretch

While seated pull foot / toes upward with towel or belt. Keep knee straight. Hold for 5-10 seconds. Repeat stretch for 1-2 minutes.



3. Seated Ball/Frozen Water Bottle Stretch

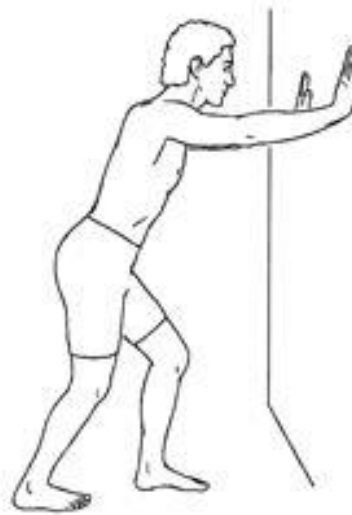
While seated, place arch of foot on a small/ firm ball or frozen water bottle.

Gently roll the middle of foot forward and backward over the ball from the heel to the ball of the foot, stretching the entire arch for 1-2 minutes.

Use just enough pressure so you feel a stretch but no pain.



Gastroc Stretch



Soleus Stretch

4. Gastroc and Soleus Stretch

Stand with the painful foot behind the other foot. The forward leg is bent and the toes point straight ahead.

Keep knee / leg straight for the gastroc stretch and bent for the soleus stretch.

Keep heel on floor, lean into wall until stretch is felt in calf.

Hold for 30 seconds each side. Alternate sides. Stretch for 2-3 minutes.