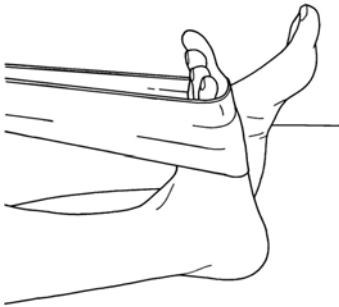


Plantar Fasciitis Exercises

Stretch gently. Stop any exercise causing tingling or severe pain.



- Sit on the floor with your legs stretched out in front
- Loop a towel around the ball of your foot and pull the towel stretching the back of your calf
- Hold for 30 seconds. Repeat 3 times daily

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- Stand holding onto a stable support such as a chair or the wall with your hands on the support
- Keep the sore foot back and your good foot forward, and the heel of your injured foot firmly on the floor
- Turn your injured (back) foot slightly inward and slowly lean into the wall until you feel a stretch in the back of your calf
- Hold for 30 seconds. Repeat 3 times daily

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- Stand holding onto a stable support such as a chair or the wall with your hands on the support- Keep your knees a little bent and the sore foot back
- Gently lean your knees in towards the chair to stretch the back of the calf
- Keep your heel on the ground
- Hold for 30 seconds and repeat 3 times daily

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- Place the affected foot over the opposite knee
- Place your fingers around the base of the toes and pull back towards the shin until you can feel a stretch in the arch (plantar fascia)
- Hold this position for 30 seconds, repeat 3 times daily

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