



Plantar Fascitis Treatment and Prevention Exercises

The following exercises are the best way to treat and/or prevent Plantar Fascitis.

Gastroc Stretch: Facing a wall put your hands against the wall at about eye level. Step back into a lunge position, keeping the leg you are stretching straight and behind you. Turn that foot slightly outward and keep your heel on the floor. Slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Switch legs and repeat on the other side. Do 3 sets of 30 seconds for each calf. Repeat 5 times daily.



Soleus Stretch: Stand facing a wall with your hands at about chest level. With both knees slightly bent and the leg you are stretching slightly back, gently lean into the wall until you feel a stretch in your lower calf. Once again, angle your back foot slightly outward and keep your heel down on the floor. Hold for 30 seconds. Switch legs and repeat on the other side. Do 3 sets of 30 seconds for each calf. Repeat 5 times daily.



Manual Plantar Fascia Stretch: Sit on your bed or in a chair with your ___ leg crossed over the other. Grip your toes and pull them upwards. While maintaining this position, use the heel of your opposite hand to “dig” into the arch of your foot. Stroke upwards (from your heel towards your toes). Repeat for 100 strokes then switch and repeat exercise on other foot. Always do this exercise first thing in the morning (or any time in the middle of the night) before you get out of bed and right before you go to sleep at night. *It would be ideal to do this exercise immediately before you let your feet touch the ground or get up to walk after you have been sitting or lying for a while.



Towel Stretch: Sit on a hard surface with your legs stretched out in front of you. Loop a bath towel around the ball of your ___ foot and gently pull the towel toward your body, keeping your knee straight. At the same time that you are pulling the towel towards you, contract your shin muscles (tibialis anterior). Hold for 3-5 seconds. Repeat 3-5 times then switch and repeat exercise on opposite foot. Repeat this exercise several times a day, especially first thing in the morning and last thing at night.

