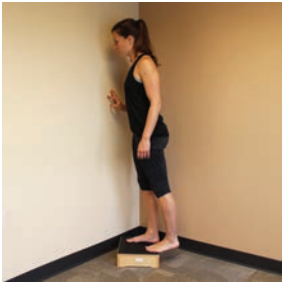


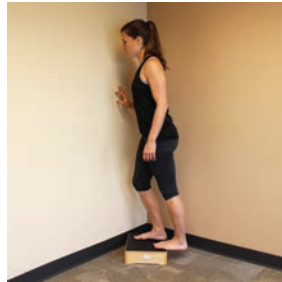
# PLANTARFASCIITIS HOME EXERCISE PROGRAM

## Plantar Fascia Stretch on Step

Reps: 5 Sets: 1 Hold (sec): 30 Weekly: 5x Daily: 3x



Step 1



Step 2

### Setup

Begin standing with both feet on a step, with one heel resting off the edge with just your toes on the step.

### Movement

Push your heel down until you feel a stretch in the arch of your foot.

### Tip

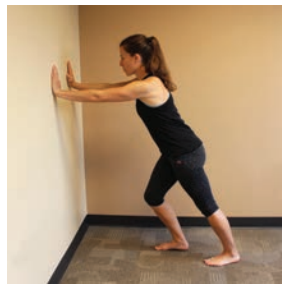
Make sure to perform the movement in a slow and controlled manner.

## Gastroc Stretch on Wall

Reps: 5 Sets: 1 Hold (sec): 30 Weekly: 5x Daily: 3x



Step 1



Step 2

### Setup

Begin in a standing upright position in front of a wall.

### Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

### Tip

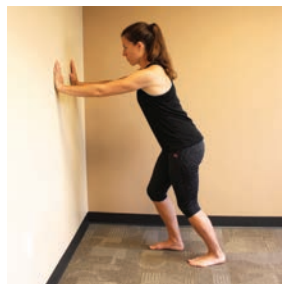
Make sure to keep your heels on the ground and back knee straight during the stretch.

## Soleus Stretch on Wall

Reps: 5 Sets: 1 Hold (sec): 30 Weekly: 5x Daily: 3x



Step 1



Step 2

### Setup

Begin in a standing upright position in front of a wall.

### Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

### Tip

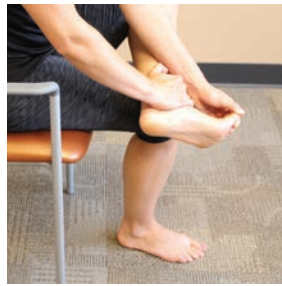
Make sure to keep your heels on the ground and back knee bent during the stretch.

## Seated Plantar Fascia Stretch

Reps: 5 Sets: 1 Hold (sec): 30 Weekly: 5x Daily: 3x



Step 1



Step 2

### Setup

Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

### Movement

Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

### Tip

Make sure to keep the stretch slow and controlled.

## Towel Scrunches

Reps: 10 Sets: 3 Hold (sec): 3 Weekly: 5x Daily: 3x



Step 1



Step 2

### Setup

Begin in a staggered standing or seated position with your forward foot resting on a flat towel, and the knee slightly bent.

### Movement

Use your toes to scrunch up the towel.

### Tip

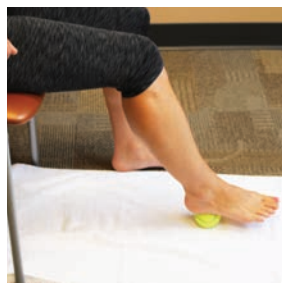
Make sure to keep the rest of your foot in contact with the ground.

## Seated Plantar Fascia Mobilization with Small Ball

Reps: 10 Sets: 1 Hold (sec): 30 Weekly: 5x Daily: 3x



Step 1



Step 2

### Setup

Begin sitting in a chair with your foot resting on a small ball.

### Movement

Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

### Tip

Make sure to use just enough pressure that you feel a stretch but no pain.