

Plantar Fasciitis Rehabilitation Exercises

Towel Stretch



- Sit on a hard surface with your injured leg stretched out in front of you.
- Loop a towel around the ball of your foot and pull the towel towards your body, stretching the back of your calf muscle.
- Hold this position for 30 seconds. Repeat 2 times once a day in the morning

Standing calf stretch



- Facing a wall keep the injured leg at the back, the uninjured leg forward and the heel of your injured leg on the floor. (You may put your hands against the wall at eye level if you wish)
- Turn your injured foot slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf.
- Hold for 30-60 seconds. Repeat 2 times, 3 times a day
- When you stand comfortably on your injured foot, you can begin stretching the planter fascia at the bottom of your foot.

Standing Soleus stretch



- Keep both toes pointing forwards.
- Bend both knees, keep heels on the floor.
- Take most of the weight in your back leg.
- You should feel the stretch in lower back of the leg, just above ankle.
- Hold for 30-60 seconds. Repeat 2 times, 3 times a day.

Heel Raise



- Every second day for three months.
- Every heel-rise consisted of a three second concentric phase (going up) and a three second eccentric phase (coming down) with a 2 second isometric phase (pause at the top of the exercise).
- The high-load strength training was slowly progressed throughout the trial as previously reported by Kongsgaard et al.
- 12 repetition maximum (RM) for three sets.
- After two weeks, they increased the load by using a backpack with books and reduced the number of repetitions to 10RM, simultaneously increasing the number of sets to four.
- After four weeks, they were instructed to perform 8RM and perform five sets.
- They were instructed to keep adding books to the backpack as they became stronger.
- A key clinical point is that the calf-raises need to be done slowly .

Plantar Fascia Stretch

New Stretch Proven to Dramatically Relieve Pain from Plantar Fasciitis

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A [new stretch](#) is proving quite effective to help treat and potentially cure plantar fasciitis, a condition that affects nearly 2.5 million Americans each year. In a study recently published in *Journal of Bone and Joint Surgery*, researchers found that patients suffering from the painful heel spur syndrome had a 75 percent chance of having no pain and returning to full activity within three to six months of performing the stretch. In addition, patients have about a 75 percent chance of needing no further treatment.

The study is a two-year follow-up on 82 patients with plantar fasciitis, all of whom were part of an original clinical trial of 101 patients in 2003. The patients were taught a new stretch that specifically targets the plantar fascia developed by [Benedict DiGiovanni, M.D.](#), associate professor of orthopaedic surgery at the University of Rochester and author of the study, and Deborah Nawoczenski, P.T., Ph.D., professor of physical therapy at Ithaca College.

The stretch requires patients to sit with one leg crossed over the other, and stretch the arch of the foot by taking one hand and pulling the toes back toward the shin for a count of 10. The exercise must be repeated 10 times, and performed at least three times a day, including before taking the first step in the morning and before standing after a prolonged period of sitting. More than 90 percent of the patients were totally satisfied or satisfied with minor reservations, and noted distinct decrease in pain and activity limitations.

- Hold the stretch for 10 seconds, repeat 10 times, at least 3 x day
- Do this exercise before taking your first step in the morning, and before standing after prolonged sitting

Frozen Can Roll



- Roll your bare injured foot back and forth from your heel to your mid-arch over a frozen can or bottle.
- Repeat for 3-5 minutes. This exercise is particular helpful if done first thing in the morning or at the end of the day

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Sitting toe raise



- Sit on a chair with your feet flat on the floor.
- Raise the toes and the ball of your injured foot off the floor while keeping your heel on the floor. Hold for 5 seconds.
- Repeat 10 times. Do three sets of 10, 2 times a day

Towel pickup



- With your heel on the ground pick up a towel with your toes.
- Release.
- Repeat 10 to 20 times, 2 times a day
- Next you can begin strengthening the muscles of your foot and lower leg by using a Thera-Band.

Resisted Thera-Band exercises for the lower leg.

Resisted Inversion



- Sit with your legs out straight and cross your uninjured leg over your injured ankle.
- Wrap the tubing around the ball of your injured foot and then loop it around your uninjured foot, so that the Thera-Band is anchored there at one end.
- Hold the other end of the Thera-Band in your hand
- Turn your injured foot inward and upward.
- This will stretch the tubing.
- Return to the starting position.
- Repeat 10 times. Do 3 sets of 10, 2 times a day