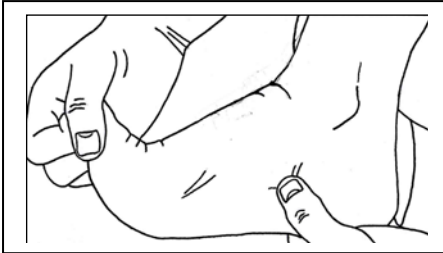
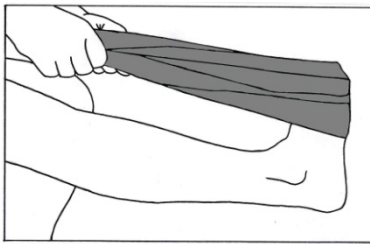


Plantar Fasciitis a guide to Stretching Exercises



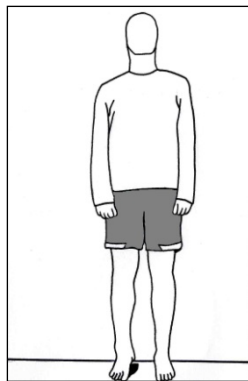
Sit on a chair with foot on opposite knee
 Grasp the toes and ball of the foot
 Using the other hand as support, pull toes, foot and ankle towards the knee until stretch is felt on the ball of the foot
 Hold for 10 seconds and repeat 10 times, 2-3 times a day



Alternatively, sit with leg straight in front and use a towel to loop it over the foot, including the toes.
 Pull the towel until you feel the pull in your calf and the ball of your foot.
 Hold for 10 seconds and repeat 10 times, 2-3 times a day

Application of ice pack

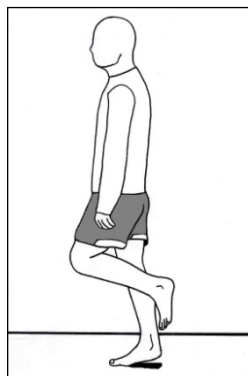
Ice should not be applied directly to the skin.
 Always wrap ice pack in towel or cloth to avoid the danger of ice burns. Apply for 20 minutes, 2-3 times a day.



(**Easy** tibialis posterior strengthening)

Stand on tip toes pulling the arches of the feet up.

Repeat 10-15 times three times daily



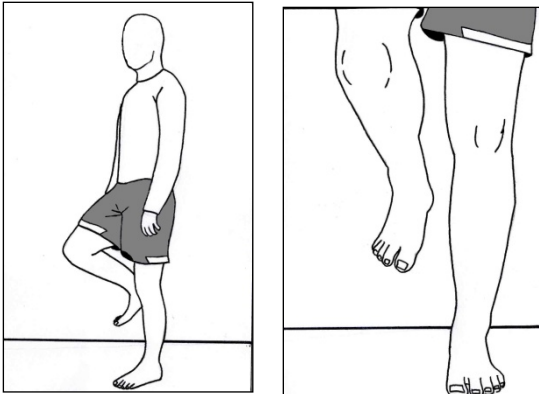
(**Harder** tibialis posterior strengthening)

Stand tall with back relaxed and shoulders over the pelvis. Lift one leg off the ground

Raise the heel until you are standing on tip toes. Gradually lower the heel to 1 inch off ground and hold for 2 seconds

Repeat 10-15 times three times daily

Plantar Fasciitis a guide to Stretching Exercises

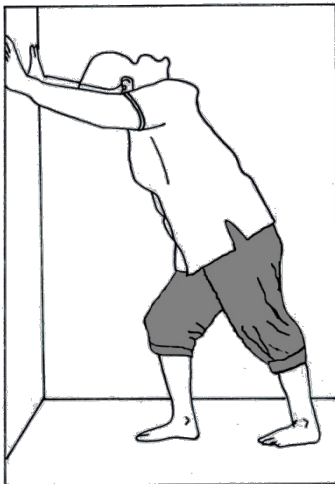


Initially Stand on one foot and balance.

If this is too easy **progress to** closing your eyes, you should be able to do this for 30 seconds without losing your balance

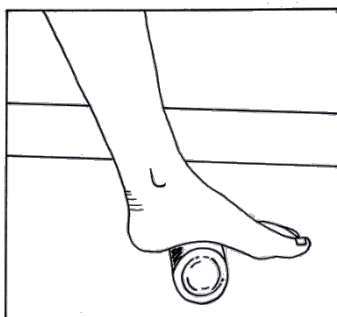
Attempt for a couple of minutes

Repeat 3 times daily



1. Lean against the wall with the knee kept straight and the heel touching the floor. You should feel stretch up back of leg.

Hold for 10 seconds and repeat 10 times, 2-3 times a day



2. Massaging and stretching the plantar fascia using a can or bottle. For safety carry out this exercise while seated.

20 minutes, 3 times a day



3. Stretching the back of the leg over the edge of the bottom step.

Hold for 10 seconds and repeat 10 times, 2-3 times a day