

Exercise plan:
Plantar fasciitis Easy

Patient:
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Plantar Fascia Stretch

Sit comfortably, and place your foot on your opposite knee. Grasp your toes and pull them backwards to create a stretch to the sole of your foot. Hold the stretch for the required length of time.

Hold for 20 | Repeat 5 times | Perform 3 times daily

Video: <https://youtu.be/kH5-HMfkin4>



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Calf Raises Two Legs

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/cqDMYUalXvw>



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Plantar Fascia Massage

Place a tennis ball, golf ball or squash ball underneath the sole of your foot. Roll the ball up and down along your foot. Pay particular attention to the skin under the arch of your foot. Do not rub the ball over the heel of your foot. This will help reduce tension in the plantar fascia, the tissue under the sole of your foot that causes heel pain.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/nQChHTS8Gso>



Gastrocnemius Stretch - Single Leg

Stand facing a wall, with your hands resting on the wall. Move one leg forwards and gently bend your knee, this will be the passive leg and just there for support. The leg you will be stretching will remain straight with your heel on the ground. You should feel a stretch to the leg at the back, in the calf muscle (known as the gastrocnemius).

Hold for 20 | Repeat 5 times | Perform 3 times daily

Video: <https://youtu.be/EFnLIHNBQQ>



Towel Pick-Up

Try to pick up a towel using your toes. This exercise will help improve strength in your toes and intrinsic foot muscles.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/ye15Qfdip6k>

Dorsiflexion Stretch with towel

Sitting on a chair, place a towel underneath the ball of your foot. Gently pull your toes towards you, with the towel. Hold this position, you should feel a stretch at the back of your leg, in your calf.

Hold for 20 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/e2JPPoAGU6F8>

