

Exercise plan:
PF exercises - MODERATE

Patient:
CHCP WEBSITE EXERCISES

Date:
12th Aug 2022

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



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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.

Sets: several times per day | Repetitions: 5 | Time: up to 20 second hold

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



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Calf Heel Raises Standing for Plantar Fasciitis

Place a small rolled up towel near the edge of a step. Stand on the step, placing your toes on the towel. Drop your heels, then lift your heels. At the top of the movement, hold and then repeat the exercise raising and lowering your heels. This exercise has been recommended for strengthening the calf muscles, and also as a treatment for plantar fasciitis.

Sets: several times per day | Repetitions: up to 10-15

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



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.

Sets: several times per day | Time: a couple of minutes

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



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.

Sets: several times per day | Repetitions: up to 10-15

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