

EXERCISES FOR PLANTAR FASCIITIS



Plantar Fascia /Gastrocs

Sitting with one leg extended out in front, neutral spinal alignment. Place towel under ball of foot, gently pull on towel, pulling foot back toward chest. Hold for 10 relaxed breaths, release. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Gastrocs - Wall

Standing in a lunge position, supporting upper body against wall. Keep back heel on the floor and knee straight. Shift body weight/pelvis forward, creating stretch in upper calf area. Hold for 10 relaxed breaths, return to start position, stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Soleus - Wall

Standing in lunge position, hands supported against wall. Keep back heel on floor with knee slightly bent. Bend front knee slightly and shift body weight/pelvis slightly forward, feeling a stretch in lower calf area. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Toe Flexion / Grab

Seated, place marbles, pennies, or towel on the floor. Use the toes to pick up the various objects. Try to alternate different toes on subsequent lifts. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



Alphabet Ankle

Seated with leg out in front. Place towel under lower leg and relax ankle. Move ankle so as to draw the letters of the alphabet A,B,C... Try drawing both upright figure 8's and side lying lazy 8's in both directions.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes: