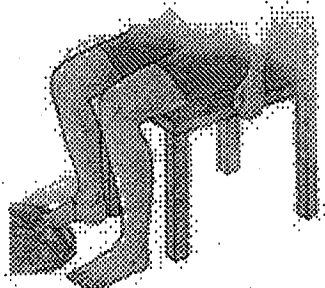
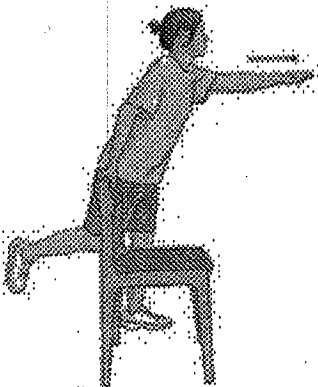


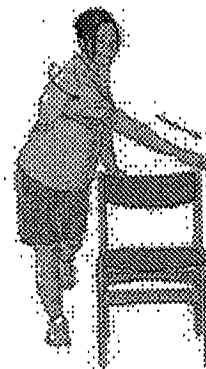
Plantar Fasciitis Rehabilitation Exercises



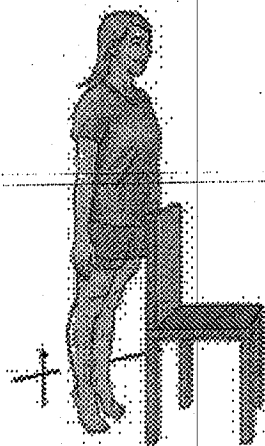
Towel pickup



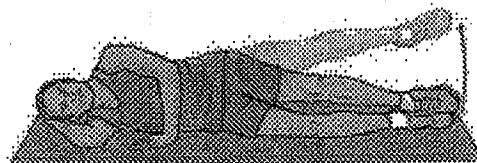
Balance and reach exercise A



Balance and reach exercise B



Heel raise



Side-lying leg lift

- **Towel stretch:** Sit on a hard surface with your injured leg stretched out in front of you. Loop a towel around your toes and the ball of your foot and pull the towel toward your body keeping your leg straight. Hold this position for 15 to 30 seconds and then relax. Repeat 3 times. When the towel stretch becomes too easy, you may begin doing the standing calf stretch.
- **Standing calf stretch:** Facing a wall, put your hands against the wall at about eye level. Keep your injured leg back with your heel on the floor. Keep the other leg forward. Turn your back foot slightly inward (as if you were pigeon-toed) and slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 15 to 30 seconds and then relax. Repeat 3 times. Do this exercise several times each day.
- **Sitting plantar fascia stretch:** Sit in a chair and cross one foot over your other knee. Grab the base of your toes and pull them back toward your leg until you feel a comfortable stretch. Hold 15 seconds and repeat 3 times.

When you can stand comfortably on your injured foot, you can begin standing to stretch the bottom of your foot using the plantar fascia stretch.

- **Achilles stretch:** Stand with the ball of one foot on a stair. Reach for the bottom step with your heel until you feel a stretch in the arch of your foot. Hold this position for 15 to 30 seconds and then relax. Repeat 3 times.

After you have stretched the bottom muscles of your foot, you can begin strengthening the top muscles of your foot.

- **Frozen can roll:** Roll your bare injured foot back and forth from your heel to your mid-arch over a frozen juice can. Repeat for 3 to 5 minutes. This exercise is particularly helpful if done first thing in the morning.
- **Towel pickup:** With your heel on the ground, pick up a towel with your toes. Release. Repeat 10 to 20 times. When this gets easy, add more resistance by placing a book or small weight on the towel.
- **Balance and reach exercises** Stand next to a chair with your injured leg further from the chair. The chair will provide support if you need it. Stand on just the foot of your injured leg. Try to raise the arch of this foot while keeping your toes on the floor.
 - I. Keep your foot in this position and with the hand that is further away from the chair, reach forward in front of you. Allow the knee on your injured side to bend. Repeat this 10 times while keeping the arch height. To make the exercise more challenging, reach farther in front of you. Do 2 sets of 10.
 - I. Stand in the same position as above. While keeping your arch height, reach the hand that is further away from the chair across your body toward the chair. The farther you reach, the more challenging the exercise. Do 2 sets of 10.
- **Heel raise:** Balance yourself while standing behind a chair or counter. Using the chair to help you, raise your body up onto your toes and hold for 5 seconds. Then slowly lower yourself down without holding onto the chair. (Keep holding onto the chair or counter if you need to.) When this exercise becomes less painful, try lowering yourself down on the injured leg only. Repeat 10 times. Do 3 sets of 10. Rest 30 seconds between sets.
- **Side-lying leg lift:** Lie on your uninjured side. Tighten the front thigh muscles on your injured leg and lift that leg 8 to 10 inches away from the other leg. Keep the leg straight and lower it slowly. Do 3 sets of 10.

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This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

Written by Tammy White, MS, PT, and Phyllis Clapis, PT, DHSc, OCS, for RelayHealth.

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