

Plantar Fasciitis Rehab Exercises

- **Plantar fascial stretch**

- While in a seated position, grab your toes on the affected foot and pull them backwards until you can feel a gentle stretch of the plantar fascia. Hold this position for 30 secs and repeat 3 times.



- **Towel stretch**

- Sitting down on the floor with your affected leg straight out in front of you, wrap a towel around the ball of the affected foot. With your knee kept straight, pull the towel until you can feel a gentle stretch. Hold this position for 30 secs and repeat 3 times.



- **Calf-stretching exercises**

- These are done while leaning against a wall. Place one foot in front of the other, keeping your heels on the ground and your feet pointing straight ahead.
- For the first exercise, bend your front knee and keep your back leg and knee straight. Lean into the wall by bringing your hips forward (see picture at right). You should feel a mild pulling (not painful) sensation along the back of the back leg. Hold this for 30 sec. Repeat 3 times and switch legs to stretch the opposite calf muscles.
- For the second exercise, keeping the same position (feet straight ahead, heels down, and front knee bent), now slightly bend the back knee. Lean forward again and hold this position for 30 sec. Repeat 3 times and switch legs to stretch the opposite calf muscles.



Disclaimer: It is recommended that you consult your own doctor prior to starting any of these exercises.