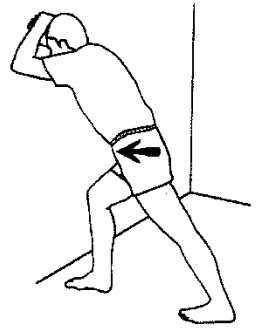


Exercises for Plantar Fasciitis

STRETCHING

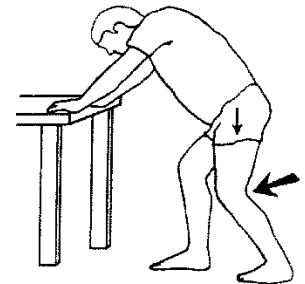
Standing Gastrocnemius Stretch

- Standing in front of a wall, place both hands on the wall, and step back with the leg you are planning to stretch, keeping the other, supporting leg forward and bent at the knee.
- Turn the foot of your stretching leg inward (so that your toes are pointing at the wall). Keep the stretching leg's heel on the floor.
- Slowly lean forward and feel the gentle stretch in the back of your calf.
- Hold the stretch for 15-30 seconds.
- Relax and take a deep breath. This is one repetition.
- Do several sets of 3 repetitions for each leg, a day.



Standing Soleus Stretch

- This exercise is performed the same way as the standing calf stretch above, except you keep the stretching leg's knee slightly bent.
- You will feel the stretch in a different area in the back of your calf.
- Once again, it is important to keep the stretching leg's heel to the floor and foot turned slightly inward.



Plantar Fascia Stretch

- Place the affected foot at a 45-degree angle at the bottom of a wall with the toes pushed upward.
- Slowly move the hips toward the wall feeling the stretch in the calf and sole of the foot.
- Initially, hold this stretch for 15 seconds; repeat 5 times and perform this 2 times a day.
- Over 1-2 weeks, increase the amount of time you hold the stretch. The goal is to hold this stretch, in the *fully stretched position*, for 4 minutes, twice a day.



*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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Ice Massage

- Roll the foot over a can of frozen orange juice or a frozen water bottle with pressure just in front of the heel.
- Massage for 5-10 minutes 1-2 times per day.



STRENGTHENING Toe Curls

- Place a towel on hardwood or linoleum floor with the affected foot about two-thirds on the towel.
- Forcibly curl the toes wrinkling the towel.
- Perform 3 sets of 10 repetitions.
- When this becomes easy place a book on the towel to add more resistance.



Heel Raises

- Do this exercise every *other* day, *slowly*.
- Roll up a towel and place on a step or block as pictured, leaving some room (about 1 1/2 - 2 inches) between the towel and the edge of the step or block.
- Start the heel-rise with a three second concentric phase (going up onto balls of your feet) *WITH BOTH FEET*, and then pause at the top on both balls of the feet for two seconds (isometric pause).
- Then (*ONLY ON THE EXERCISING FOOT*), lower the heel of the injured foot over three seconds (eccentric phase).
- Perform 3 sets of 12 repetitions.
- After two weeks, the exercise may become easier to do – so, increase the load by using a backpack with books and perform 4 sets of 10 repetitions instead.
- After four weeks, you can add even more weight, and perform 8 sets of 5 repetitions.





POSTERIOR NIGHT SPLINT



ANTERIOR NIGHT SPLINT

Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury* Howard TM, **Ho GWK**, Lewis J. 100 Questions & Answers About Your Sports Injury. Sudbury: Jones and Bartlett Publishers 2008. and Rathleff MS et al. High-load strength training improves outcome in patients with plantar fasciitis: A randomized controlled trial with 12-month follow-up. Scand J Med Sci Sports 2014. doi: 10.1111/sms.12313.