

# PLANTAR FASCIITIS

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



## 1. Ankle Dorsi Flexion

Begin in a half kneeling position with a dowel placed by outside of your forward foot, parallel to the shin. Your knee should be behind the dowel. Lunge forward keeping your front heel on the floor. Allow the knee to move past dowel. Keep core activated to prevent hyper-extending your low back. Hold for 20-30 seconds and repeat 2-3 times.



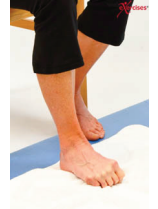
## 2. Standing Calf Stretch

Begin standing with the leg to be stretched extended behind body. The leg should be straight with the heel on ground. Slowly lean forward, putting your weight onto front leg while maintaining a straight leg and heel-floor contact. You should feel a gentle stretch in the upper calf muscle. Hold for 20-30 seconds and repeat 2-3 times.



## 3. Plantar Fascia SMFR

Begin standing and place a mobility ball underneath the arch of your foot. Slowly roll back and forth, massaging the plantar surface of the foot for a duration of 1 to 2 minutes. Maintain consistent pressure on the ball. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Perform for 20-30 seconds and repeat 2-3 times.



## 4. Towel Scrunches

Begin seated in chair. Place a towel flat on floor. For best results, place the towel on a hard, smooth surface. Grasp the towel with your curled toes pulling inward. Release, re-grasp and repeat until end of towel is reached. Perform 3 sets of 10 repetitions.



## 5. Ankle Eversion with Band

Begin seated in a chair. Place the resistance band around your forefoot anchoring the opposite end to a firm structure. Place both hands in a fist position between knees. Maintain alignment between kneecap and second toe. Knee should also be at 90 degree angle. Lift your forefoot off the floor and move outward in a scooping type motion against the resistance band. The hand placement between knees should maintain a proper knee/ankle alignment. Perform 3 sets of 10 repetitions.



## 6. Toe In Heel Raises

Begin standing with feet pointed inward so that toes are close together. Lift toes off floor, shifting weight to heels. The muscles in front of the lower leg will contract. Perform 3 sets of 10 reps.