

Stretches for Plantar Fasciitis

Gastroc Stretch



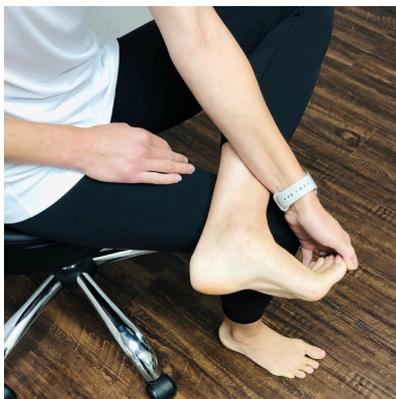
Begin by standing in front of a wall. Step forward with one foot in a stride stance with both feet pointed forward. Lean forward towards the wall, bending only your front knee and keeping your back knee straight and both heels glued to the ground. You should feel a stretch in your calf in your back leg. You can adjust the amount of stretch by moving closer or further away from the wall. Hold for 30 seconds and repeat on the opposite side. Perform 3 times each.

Soleus Stretch



Begin by standing in front of a wall. Step forward with one foot in a stride stance with both feet pointed forward. Lean forward towards the wall, bending both your front and your back knee and both heels glued to the ground. You should feel a stretch in your lower calf and possibly your Achilles tendon in your back leg. You can adjust the amount of stretch by moving closer or further away from the wall. Hold for 30 seconds and repeat on the opposite side. Perform 3 times each.

Plantar Fascia Stretch



Begin by sitting in a chair. Next, place your painful ankle on top of your other leg. Grasp your toes and bend them backwards into extension as shown. You should feel a gentle stretch in the arch of your foot and possibly your toes. Hold for 30 seconds and perform 3 times.

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Plantar Fascia Stretch Kneeling 1 Foot



While in a kneeling position, curl the toes of your painful foot underneath you, keeping your knee elevated. The majority of your weight should still be on your opposite knee/shin. Slowly sit onto this heel until you feel a stretch/pull on the bottom of your foot. Hold for 15 seconds, then repeat 5 times.

Plantar Fascia Stretch Kneeling Both Feet



While in a kneeling position, curl both toes underneath you. Both knees will still be down on the floor. Slowly sit onto your heels until you feel a stretch/pull on the bottom of your feet. Hold for 15 seconds, then repeat 5 times.

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Seated Plantar Fascia Massage



While sitting, place either a tennis ball (less intense) or a lacrosse ball (more intense) under the arch of your painful foot. Press into the ball with your foot and roll the ball around, attempting to massage your plantar fascia. Make sure you are getting all the areas of your foot, from your heel up to your big toe and to your pinky toe. Massage for 1-2 minutes.

Standing Plantar Fascia Massage



While standing, place either a tennis ball (less intense) or a lacrosse ball (more intense) under the arch of your painful foot. Press into the ball with your foot and roll the ball around, attempting to massage your plantar fascia. Make sure you are getting all the areas of your foot, from your heel up to your big toe and to your pinky toe. Massage for 1-2 minutes.