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### Plantar Fascia

Place a towel under your calf and wrap it around the foot. Keep the heel of your foot on the table and pull the towel towards your body until you feel a stretch in the bottom of your foot and up through your calf.

This one is my personal favorite; you can stretch this way OR #2 OR #3

Repeat 3 Times  
 Hold 20 Seconds  
 Perform 4 Time(s) a Day

5



### STANDING CALF STRETCH - SOLEUS

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Now gently bend your back knee until a stretch is felt in your Achilles tendon.

Repeat 3 Times  
 Hold 20 Seconds  
 Perform 3 Time(s) a Day

2



### Plantar Fascia Stretch

Wedge toes against wall with foot at about 45 degrees from the floor with the toes extended until you feel a stretch in the bottom of your foot.

OR #1 OR #3

Repeat 3 Times  
 Hold 20 Seconds  
 Perform 4 Time(s) a Day

6



### SEATED HAMSTRING STRETCH

Most of the time the hamstrings are tight in addition to the calves and plantar fascia.

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 3 Times  
 Hold 20 Seconds  
 Perform 3 Time(s) a Day

3



### Plantar Fascia Stretch off of Step

Stand on the bottom step with the toes of the involved foot on the step. Let your heel sink below your toes until you feel a stretch and hold. Do not stretch into pain.

OR #1 OR #2

Repeat 3 Times  
 Hold 20 Seconds  
 Perform 4 Time(s) a Day

7



### Towel Crunch- Plantar Fascia

Crunch a towel or blanket with feet to strengthen toes and bottom of the feet.

Repeat 20 Times  
 Complete 3 Sets  
 Perform 2 Time(s) a Day

4



### STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Repeat 3 Times  
 Hold 20 Seconds  
 Perform 3 Time(s) a Day

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### STANDING HEEL RAISES

#### PHASE 1

While standing, raise up on your toes as you lift your heels off the ground.

PROGRESS TO PHASE 2 AS TOLERATED

Repeat 10 Times  
 Hold 2 Seconds  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

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Hold 3 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day

## STANDING HEEL RAISES

### PHASE 2

Stand on edge of a stair. Let your heels drop below the stair until a comfortable stretch is felt. Lift heels up slowly to higher than your toes, hold 3 sec, then slowly lower to start position. Stay within a comfortable range.

PROGRESS TO PHASE 3 AS  
TOLERATED

10



Repeat 10 Times  
Complete 3 Sets  
Perform 1 Time(s) a Day

## STANDING HEEL RAISES

### PHASE 3 (ECCENTRIC)

Stand on edge of step, and make sure you have something to hold on to for stability. Place injured foot slightly off the step as shown in picture and the non-injured flat on step. When raising onto toes, bear MOST of your weight on the non-injured side. When lowering down onto heels, bear weight on the injured side allowing heel to go just below box for stretch.

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Hold 5 Minutes  
Perform 1 Time(s) a Day

## FOOT ICE ROLLING

### PLANTAR FASCIA ICE ROLLING

Freeze Bottle water (3/4 fourths full).

Once frozen place under foot and begin rolling with pressure as tolerated. 5-10 minutes