

# Plantar Fasciitis Home Exercise Program<sup>Mountain Land Physical Therapy</sup> 508 East South Temple Suite 100

Created by Jared Beckstrand Apr 8th, 2014

View on-line at "www.my-exercise-code.com" using the code: ZKMBR8D

(801) 521-9222 http://www.mlrehab.com/downtownslc





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

### 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 3 Time(s) a Day

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.

SEATED HAMSTRING STRETCH

Most of the time the hamstrings are

While seated, rest your heel on the floor with your knee straight and gently

lean forward until a stretch is felt

behind you knee/thigh.

tight in addition to the calves and





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

3



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

4



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

Plantar Fascia Stretch off of Step

Stand on the bottom step with the toes

a stretch and hold. Do not stretch into

of the involved foot on the step. Let your heel sink below your toes until you feel

OR #1 OR #3

pain

lea

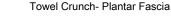
OR #1 OR #2



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



Complete 3 Sets Perform 2 Time(s) a Day



plantar fascia.

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

Repeat 20 Times



PHASE 1

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

PROGRESS TO PHASE 2 AS TOI FRATED



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



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



9



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.

## 11



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