

Plantar Fasciitis Home Exercise Program

STEP 1



STEP 2



[Gastroc Stretch on Wall](#)

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 2 | WEEKLY: 7

Setup

Setup Directions

Movement

Begin in a standing upright position in front of a wall.

Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

STEP 1



STEP 2



[Standing Soleus Stretch on Step](#)

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 2 | WEEKLY: 7

Setup

Begin in a standing upright position with the front part of one foot positioned on a small platform or step with your knee bent.

Movement

Slowly lean forward, lowering your heel toward the ground, until you feel a stretch in the back of your calf and knee.

Tip

Make sure to perform the stretch in a slow and controlled manner and keep your knee bent.

STEP 1



STEP 2



[Seated Plantar Fascia Stretch](#)

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 2 | WEEKLY: 7

Setup

Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

Movement

Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

Tip

Make sure to keep the stretch slow and controlled.

STEP 1



STEP 2



[Seated Plantar Fascia Mobilization with Small Ball](#)

PLANTAR FASCITIS: 1 | DAILY: 2 | WEEKLY: 7

Roll a tennis ball, lacrosse ball or frozen plastic bottle under your arch for 1-2 minutes

Setup

Begin sitting in a chair with your foot resting on a small ball.

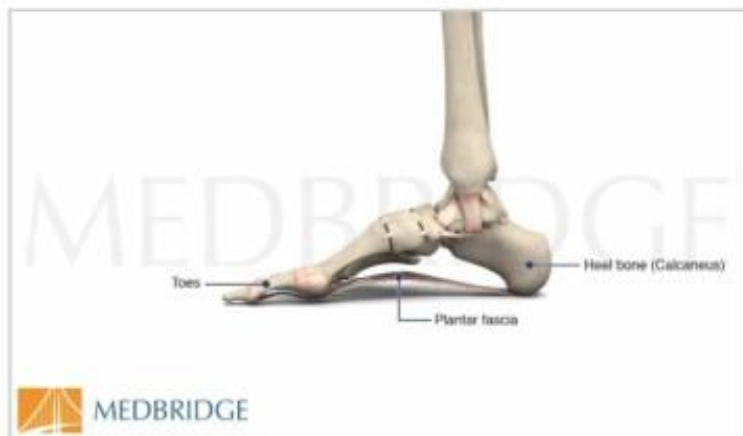
Movement

Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

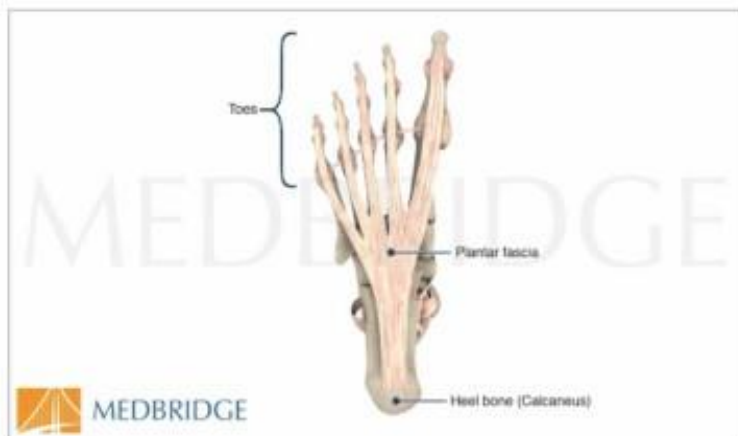
Tip

Make sure to use just enough pressure that you feel a stretch but no pain.

Plantar Fasciitis



Inner Right Foot: Bones and Tissue



Bottom of Right Foot: Bones and Tissue



Bottom of Right Foot: Inflamed Tissue

Plantar fasciitis is a painful condition that affects the bottom of your foot. The foot is made up of 26 bones, with many strong tissues holding them together. The plantar fascia is a thick tissue that connects the heel bone (calcaneus) to the base of the toes on the bottom of the foot. The plantar fascia supports the arch of the foot and becomes stretched or tensed when the ankle bends upward or flexes.

On the bottom of the foot, the plantar fascia extends from the heel to the toes. The plantar fascia and its attachments can become painful and inflamed. Repeated, small tears in the fascia can lead to pain and difficulty completing activities that involve putting pressure on the feet.

Starting a new fitness program or having a job that requires standing for long periods of time can also lead to plantar fasciitis. Heel pain and plantar fascia irritation can also be caused by having tight calf muscles, being overweight, or by having a high arch in the bottom of the foot.

When the plantar fascia is irritated, the most common problem is pain on the bottom of the foot, especially near the heel. Pain may be worsened with increased activity such as walking, especially first thing in the morning when getting out of bed. While you are recovering from plantar fasciitis, you may need to change your activities and complete a home program that your therapist creates for you. Chronic plantar fasciitis, if left untreated, can lead to changes in the way a person walks, possibly resulting in pain in other joints such as the knee or the back.