

Plantar Fasciitis exercises

1 Set / 3 Reps / 1 min duration

1. Plantar fascia stretch, rolling small ball, sitting

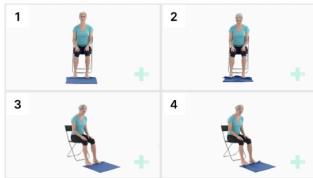
Start in a seated position.
Place a small ball underneath the arch of your foot.
Apply pressure down on the ball, and roll the ball from the base of the heel up to the base of the great toe.



1 Set / 1 Rep

2. Toe flexion (all) strengthening curling toes pulling towel, in sitting; 01

Start in a seated position.
Spread a thin towel on the floor in front of you and place your foot on the end of the towel.
Keep your heel on the floor and use your toes to try to pull the towel towards you.



1 Set / 10 Reps

3. Toe flexion (all) strengthening curling toes pulling towel, in sitting; 02

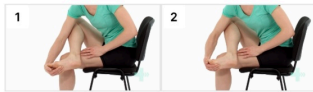
Start in a seated position.
Spread a thin towel on the floor in front of you and place your foot on the end of the towel.
Keep your heel on the floor and use your toes to try to pull the towel towards you.



1 Set / 5 Reps / 10 s hold

4. Toe flexors/plantar fascia stretch, figure 4 sitting

Sit on a chair or on the floor for this exercise.
Bring the foot you would like to stretch in towards you by bending your knee.
Place the heel of one hand along the tips of all of your toes.
Run your fingers around the ball of your feet and under your sole.
Using your fingers and your hand, pull all of your toes back towards you.
Be sure to not forget about your little toe.
Hold this position.



1 Set / 1 Rep / 1 s hold

5. Soleus/plantar fascia stretch, toes against wall, standing

Place the toes of you affected leg up against a wall.
Keeping your heel in contact with the floor and your knee bent, push your knee forwards towards the wall.
Hold this position, relax and repeat.
You will feel the stretch through the lower calf and sole of your foot.



1 Set / 1 Rep / 10 sec duration

6. Plantar fascia stretch, rolling bottle of ice, sitting; 01

Take a bottle of water and freeze it.
Wrap the bottle in a towel and place it on the floor.
Roll the sole of your foot over the bottle to help reduce inflammation and to stretch the tissues out.



1 Set / 10 Reps

7. Hallux big toe extension AROM, in standing; 01

Try and lift your big toe up and down.



1 Set / 10 Reps

8. Toe abduction AROM (all), feet on floor in sitting; 01

Sit up straight in a chair with your feet flat on the floor.
Practicing spreading your toes out, particularly your big toe.
Attempt to keep your toes straight and in contact with the floor as you do this.



9. Plantar fascia stretch, rolling small object, sitting

Sit upright in a chair with your feet flat on the floor.
Place you affected foot over a round object, such as a food tin or drink can.
Roll your foot forward and backwards over object, applying some downwards pressure through your foot.



1 Set / 1 Rep / 1 s hold

10. Toe flexion (all) strengthening curling toes lifting marbles, in sitting; 01

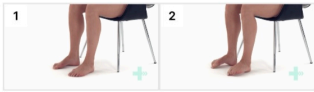
Sit in a chair and place the marbles on the floor.
Pinch the marbles between your toes and pick the marbles up.



1 Set / 10 Reps

11. Toe flex (all), in sitting; 01

From a lying or seated position, try to bend your toes.
Imagine the tips of your toes are being pulled towards the arch of your foot.
Relax and repeat.



1 Set / 1 Rep / 1 min duration

12. Foot/arch plantar fascia massage, sitting

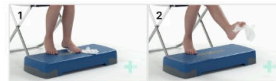
Sit up straight.
Pull the leg of your affected foot in towards you, allowing your knee to drop out to the side.
Place some cream in the arch of your foot, lightly rubbing it in in circles.
Using the tips of your fingers or your thumb, with some gentle pressure, slowly run your fingers from the ball of your foot to your heel in a straight line.
This can be performed in either direction.
Ensure you do this movement on the middle and outer side of your foot arch too.
Regularly swap hands to prevent them tiring.



1 Set / 1 Rep / 1 s hold

13. Toe flexion strengthening (all) lifting toy from floor; in sitting; 01

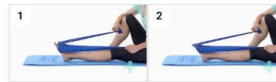
Sit upright in a chair that is low enough for your feet to be flat on the floor.
Place a small soft toy or some tissue paper on the floor.
Try to use our toes to pick up the object and hold it.
Let it go and then try again.



1 Set / 1 Rep

14. Toe flexion strengthening, with band, sitting, leg straight

Sit up straight on the floor or on your bed with a resistance band looped around all of your toes other than your big toe.
Hold the other ends of the band in both hands.
Keeping your big toe still, pull your toes towards you using the band.
With some tension in the band, push your toes back down against the resistance of the band.
Continue to repeat this movement, ensuring your big toe remains still.



1 Set / 1 Rep

15. Toe flexion strengthening, with band, sitting

Sit up straight in a chair with a resistance band looped around all of your toes, other than your big toe.
Keeping your big toe firmly on the floor, raise your other toes.
Push your toes back down towards the floor against the resistance of the band.
Continue to repeat this movement, ensuring your big toe remains on the floor.



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