

Plantar Fasciitis Home Exercise Program

Also check out - [What Is Plantar Fasciitis & Treatments During Early Stages.](#)



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 4 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.

OR #1 OR #3

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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.

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

OR #1 OR #2



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 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



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 you knee/thigh.

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

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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



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



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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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

Hold 5 Minutes
Perform 1 Time(s) a Day