

10

Stretches & Exercises

For Plantar Fasciitis

A program by



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Before you begin...

I hope these exercises will be helpful to you in your recovery process. Remember, it's important to be consistent. Just like with any athletic training, you'll only see results when you practice regularly and mindfully.

Try aiming for doing these exercises three or four times per week. As the old cliché goes, practice makes perfect. In the case of these exercises, practice also reduces pain!



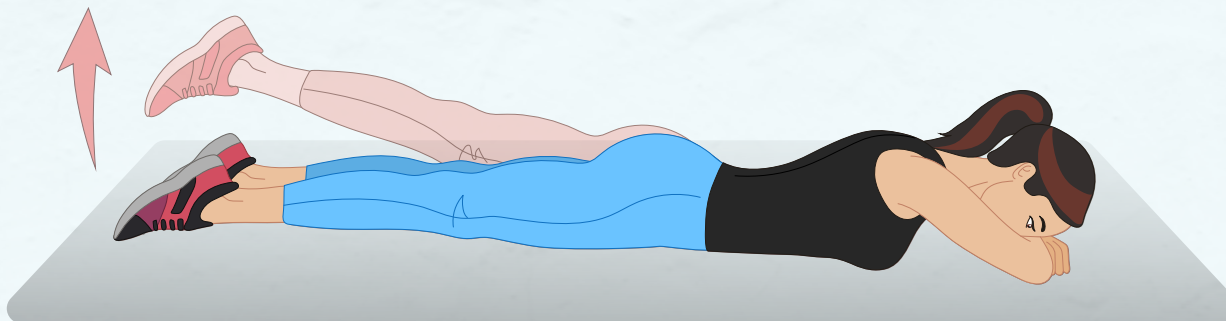
1. Seated Calf Stretch With Towel

(1) Sit on the floor with your leg stretched in front of you. **(2)** Loop the towel or band around your injured foot. **(3)** Grab hold of the towel or band with both hands. **(4)** Gently pull your foot towards you, keeping your knee straight. **(5)** Hold the stretch for 15-30 seconds. **(6)** Relax and then repeat 3 times.



2. Hip Hovers

(1) Rest flat on your stomach with your legs behind you. **(2)** Rest your head on your arms. **(3)** Pull your navel in towards your spine and tighten your abs. **(4)** Tighten your buttocks and thigh muscles. **(5)** Hover this leg about 8 inches off the floor. **(6)** Hold for 5 seconds. **(7)** Lower your leg and relax.



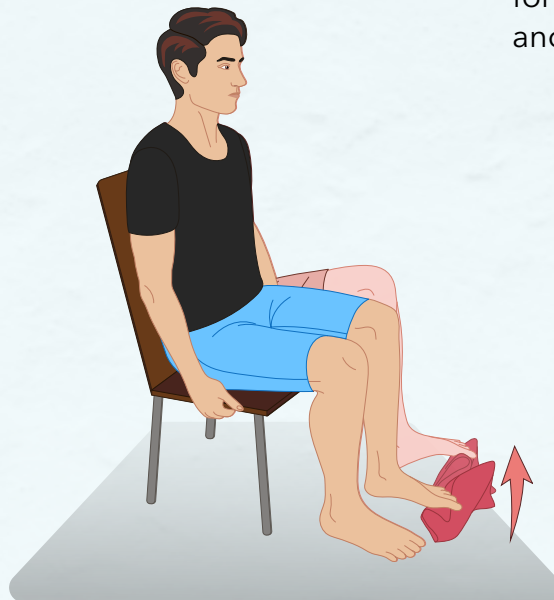
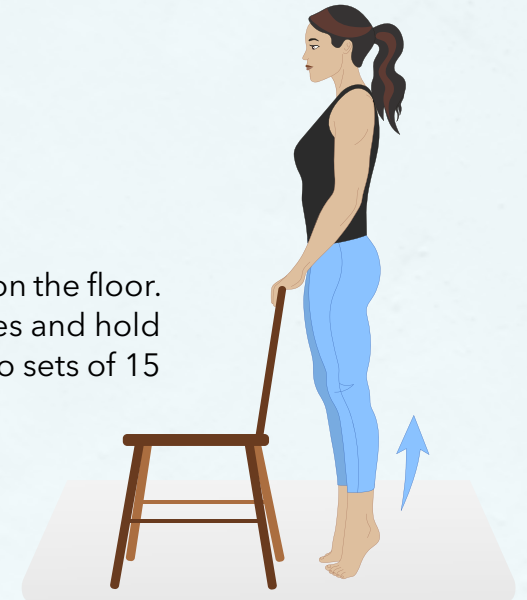


3. Wall Calf Stretch

(1) Stand and face a wall. **(2)** Place your palms on the wall at eye level. **(3)** Keep your leg back and keep your heel on the ground. **(4)** Move your other leg forward and bend your knee. **(5)** Rotate your back foot slightly inward. **(6)** Slowly lean towards the wall until you feel a stretch in your calf muscles. **(7)** Hold the stretch for 15-30 seconds.

4. Ballet Raises

(1) Stand behind the chair and place both of your feet flat on the floor. **(2)** Use the chair as a support as you raise on to your tiptoes and hold for five seconds. **(3)** Slowly lower yourself down. **(4)** Do two sets of 15 and rest for 30 seconds between sets.



5. Monkey Foot Towel Lift

(1) Sit on a chair and place the towel on the floor in front of you. **(2)** Keep your heel bone on the ground and lift the towel with your toes. **(3)** Release the towel and then repeat 10 to 20 times.

6. Crossover Fascia Stretch

(1) Cross your injured foot over your other knee. **(2)** Grab hold of your toes and pull them towards your shin until you feel a stretch in your arch. **(3)** Hold this stretch for 15 seconds and repeat 3 times.



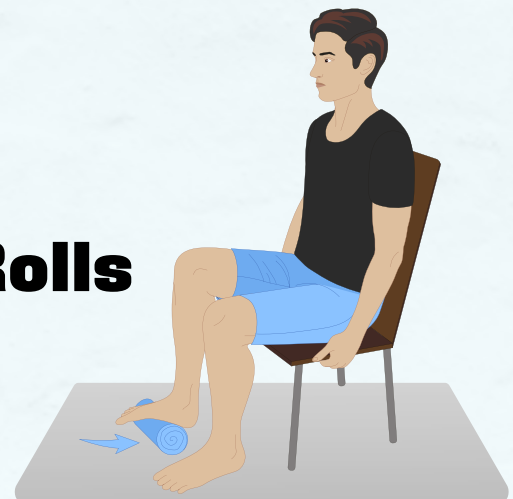
7. Reach And Stretch

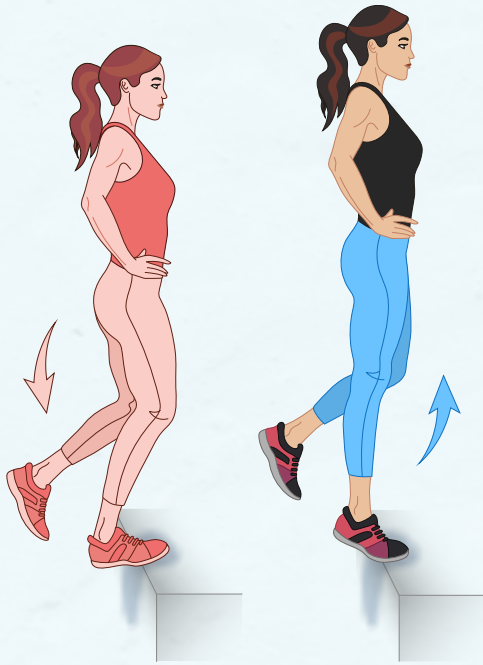
(1) Stand next to the chair with your injured leg farther from the chair. **(2)** Stand on your injured foot and bend this knee slightly. **(3)** Raise the arch of your foot while keeping your big toe on the floor. **(4)** Keep your foot in this position. **(5)** Now bend at the waist and reach forward with your far hand.



8. Frozen Water Bottle Rolls

(1) Sit down or hold on to a sturdy item for support. **(2)** Place your bare foot on the juice can (cold, but effective!) **(3)** Roll your foot back and forth.





9. Step-Up Arch Extensions

(1) Stand with the ball of your foot on a stair. **(2)** Lower your heel towards the step below until you feel a stretch in your arch. **(3)** Hold the stretch for 15-30 seconds and repeat 3 times.

10. Sideways Leg Lifts

(1) Rest on your side and relax your head down on your lower arm. **(2)** Straighten your legs and stack them on top of each other. **(3)** Clench your front thigh muscles on your upper leg. **(4)** Lift your upper leg 8 inches away from the other leg. **(5)** Keep this leg straight as you slowly lower it.

