Foot logics

Fact Sheet

Plantar Fasciitis

Recommended Daily Exercises

Stretching exercises before getting out of bed

Many people with Plantar Fasciitis have intense heel pain in the morning, when taking the first steps after getting out of bed. This pain comes from the tightening of the plantar fascia that occurs during sleep. Stretching or massaging the plantar fascia before standing up can often reduce heel pain.

1) Stretch your foot by flexing it up and down 10 times before standing

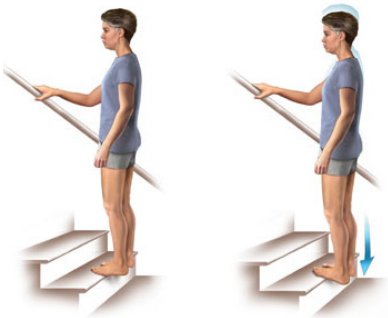
2) Use a rolling pin or tennis ball. While seated, roll the rolling pin or ball with the arch of your foot.
(If you are able to, progress to doing this exercise while you are standing up)

After these exercises, put on your shoes (with orthotics inside them) or wear supportive sandals. Do not start the day walking barefoot on hard floors or tiles!

Towel stretch

Place a rolled towel under the ball of your foot, holding the towel at both ends. Gently pull the towel toward you while keeping your knee straight. Hold this position for 15 to 20 seconds. Repeat 4 times.

Achilles stretch



Stand on a step as shown. Slowly let your heels down over the edge of the step as you relax your calf muscles.
Hold the stretch for about 15 to 20 seconds, then tighten your calf muscle a little to bring your heel back up to the level of the step. Repeat 4 times.

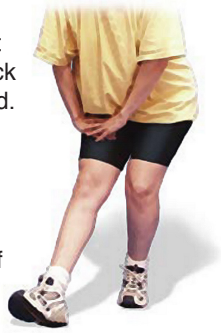
Calf stretch

Stand facing a wall with your hands on the wall at about eye level. Put the leg you want to stretch about a step behind your other leg.Keeping your back heel on the floor, bend your front knee until you feel a stretch in the back leg. Hold the stretch for 15 to 20 seconds. Repeat 4 times.

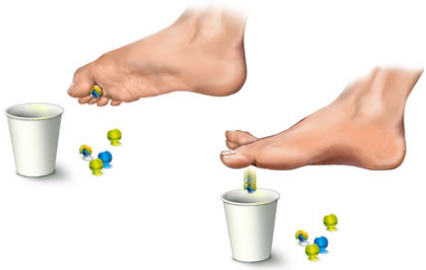
Hamstring stretch

Extend one leg in front of you with the foot flexed. Bend your other knee and lean back slightly. Your pelvis should be tilted forward. Keep your upper body upright as you hold the stretch for 10-20 seconds, then switch sides.

You should feel the stretch up the back of your extended leg (all the way up your calf and thigh).



Marble lift



Put marbles on the floor next to a cup. Using your toes, try to lift the marbles up from the floor and put them in the cup. Repeat exercise 15 times.

NOTE: Stretching exercises should create a pulling feeling—they should not cause pain. It's best to do each exercise two or three times during the day, but you do not need to do them all at once. Please consult your health practitioner if your heel pain persists.