

Plantar Fasciitis - Exercise regime

More than 90% of cases of plantar fasciitis improve without surgery or injections by 10 months.

Treatment focuses on:

- 1) Stretching exercises for the Achilles tendon and plantar fascia ligament
- 2) Silicone heel cushions inserted into comfortable walking shoes
- 3) A night splint or boot to wear to sleep at night.

Exercise 1: With one hand grasp toes and pull ankle and toes up towards shin to stretch plantar fascia. With the other hand massage plantar fascia ligament in the arch.



Exercise 2: Stand against wall with painful foot back, leg straight, and forward leg bent. Keeping heel on floor, lean into wall until stretch is felt in calf and hold.



Exercise 3: Roll the arch of your foot back and forth over a tennis ball to stretch the plantar fascia ligament.

