

# EXERCISES FOR THE PLANTARFASCIA

## Strengthening

These exercises should be repeated every other day, 3 sets of 12 repetitions.

After 2 weeks increase the load by putting on a back pack with a few books in it and change the repetitions to 4 sets of 10 repetitions.

After 4 weeks add further weight and change the repetitions to 5 sets of 8 repetitions.

### Double leg calf raise for plantar fascia loading

Put a rolled up towel underneath your toes to lift your toes into extension. Rise up onto your tiptoes to the count of 3, hold for 2 and come down to the count of 3. Steady yourself on a chair or the wall. Progress this exercise by standing with your feet off the edge of a step so that you lower the foot further down.



### Single leg calf raise for plantar fascia loading

Put a rolled up towel underneath your toes to lift your toes into extension. Lift one foot so you work only the side that is in contact with the ground. Rise up onto your tiptoes to the count of 3, hold for 2 and come down to the count of 3. Steady yourself on a chair or the wall. Progress this exercise by standing with your feet off the edge of a step so that you lower the foot further down.



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## Stretches

Repeat each stretch twice a day and hold for 60 seconds.

### Gastrocnemius stretch

Take a stance position.  
Bend your front knee and  
keep the back leg straight.  
Keep your toes pointing  
forwards. Lean your weight  
forwards until you feel a  
stretch in the back calf.



### Soleus stretch

- 1) Take a stance position.  
Bend your front knee and  
your back knee. Keep your  
toes pointing forwards.  
Lean your weight forwards  
until you feel a stretch in  
the back calf.



OR

- 2) Begin in a kneeling position.  
Bring one foot forwards in  
line with the other knee.  
Keep your heel flat on the  
ground. Lean your weight  
forwards until you feel a  
stretch in the calf.



### Plantar fascia stretch

Sit with your affected foot  
resting over the other knee.  
Using your hand on the  
affected side, pull your toes  
towards your shin. You should  
feel a stretch on the  
underside of the foot.

