



## STRETCHING INSTRUCTIONS



In one exercise, you lean forward against a wall with one knee straight and heel on the ground. Your other knee is bent. Your heel cord and foot arch stretch as you lean. Hold for 10 seconds, relax and straighten up. Repeat 20 times for each sore heel. It is important to keep the knee fully extended on the side being stretched.

the heels come up in the straighten up. Repeat 20

About 90 percent of people after two months of initial shoes with shock-absorbing insert device like a rubber specific position.

If your plantar fasciitis conservative treatment, your anti-inflammatory medication.



In another exercise, you lean forward onto a countertop, spreading your feet apart with one foot in front of the other. Flex your knees and squat down, keeping your heels on the ground as long as possible. Your heel cords and foot arches will stretch as stretch. Hold for 10 seconds, relax and times.

with plantar fasciitis improve significantly treatment. You may be advised to use soles or fitted with an off-the-shelf shoe heel pad. Your foot may be taped into a

continues after a few months of doctor may inject your heel with steroidal

If you still have symptoms, you may need to wear a walking cast for two to three weeks or a positional splint when you sleep. In a few cases, surgery is needed for chronically contracted tissue.

### Plantar Fascia-Specific Stretching Program

1. Cross your affected leg over your other leg.
2. Using the hand on your affected side, take hold of your affected foot and pull your toes back towards shin. This creates tension/stretch in the arch of the foot/plantar fascia.
3. Check for the appropriate stretch position by gently rubbing the thumb of your unaffected side left to right over the arch of the affected foot. The plantar fascia should feel firm, like a guitar string.
4. Hold the stretch for a count of 10. A set is 10 repetitions.

Perform at least three sets of stretches per day. You cannot perform the stretch too often. The most important times to stretch are before taking the first step in the morning and before standing after a period of prolonged sitting.

### **Additional Stretch: Achilles Tendon Stretch**

1. Place a shoe insert under your affected foot.
2. Place your affected leg behind your unaffected leg with the toes of your back foot pointed towards the heel of your other foot.
3. Lean into the wall.
4. Bend your front knee while keeping your back leg straight with your heel firmly on the ground.
5. Hold the stretch for a count of 10. A set is 10 repetitions.
6. Perform the stretch at least three times a day.

