

Plantar Fasciitis Exercises



Plantar Fascia – Bottle

Place bottle under arch of foot.

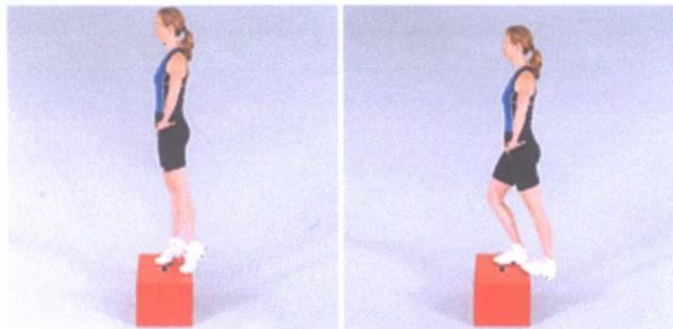
Roll foot back and forth over bottle.

(a cold bottle out of the fridge works best)

Reps: 2 x

Hold : 15 sec

2 x Day



Active Calf – Stair

Standing with heel off edge of a stair.

Raise up onto the toe to tighten the calf

muscle, then relax down and drop the

heel past the stair level to stretch the calf.

Reps: 2 x

Hold : 15 sec

2 x Day



Towel Scrunches

Pull towel towards you with the toes of

your left foot while lifting your right toes

then reach with right toes and pull towel

towards you with your right toes as you

reach your left toes. Continue at least 10

times or until you feel the muscles in the

arch of your foot working

Reps: 10 x

Start 10 x reps & build to 25 reps each leg. 1-2 sets/day