

# PLANTAR FASCIITIS EXERCISES

Plantar fasciitis is a common condition I see at The Foot Hub. It can be painful and affect your day to day activities. Most treatment of plantar fasciitis is conservative. Simple steps like changing footwear, activity modification, taping, and exercises can help treat this condition.

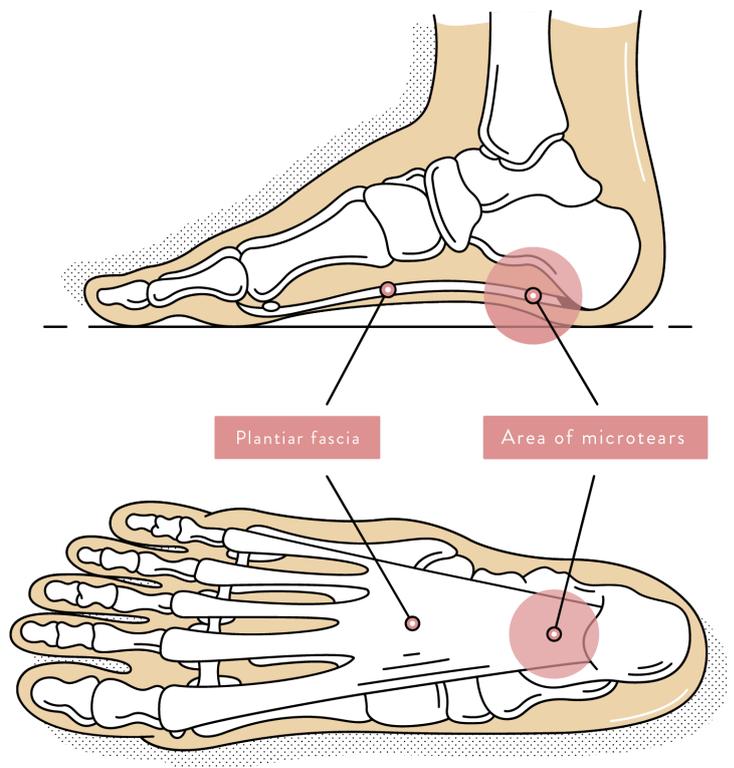
Here are a few exercises I have compiled that can help treat plantar fasciitis.

*Dr Steven Parkinson  
Podiatrist at The Foot Hub*

Plantar fasciitis is one of the most common conditions that causes heel pain. Plantar fasciitis affects people from all walks of life, from elderly people to athletes. Plantar fasciitis is caused by chronic overloading of the plantar fascia either from lifestyle or exercise.

Plantar fasciitis is the inflammation of the plantar fascia, a thick band of tissue that extends from the middle of the heel bone, where it then fans out and attaches to the toes. The plantar fascia is an important structure in the foot as it helps develop and reinforce the medial arch.

Plantar fasciitis develops when repetitive pressure is applied to the plantar fascia and is overloaded.

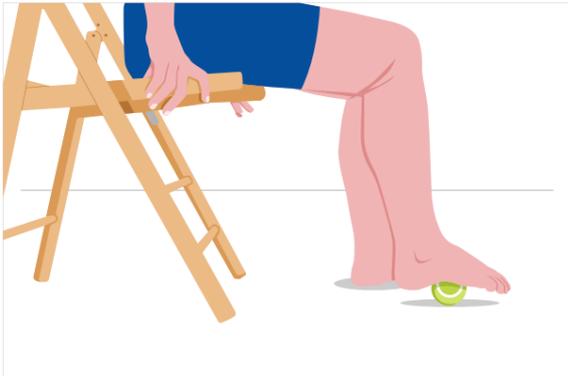


Remember to take it easy and not to over do it.

If anything exacerbates your pain stop **immediately** and seek further medical attention.

Make sure you have the correct equipment and are in safe place to exercise to avoid tripping or falling.

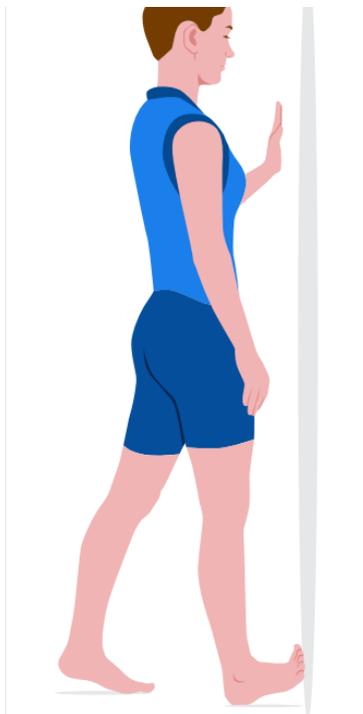
# Exercises



## PLANTAR FASCIA BALL ROLL

1. Start in a seated position.
2. Place a small ball underneath the arch of your foot.
3. Apply pressure down on the ball, and roll the ball from the base of the heel up to the base of the great toe.

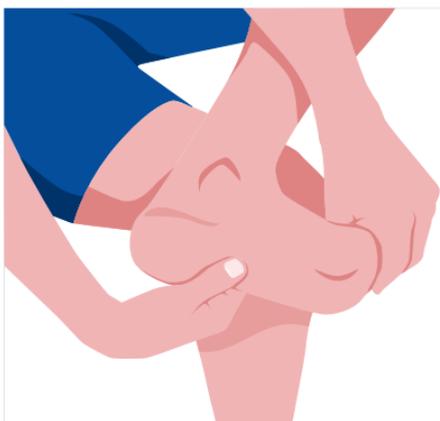
*10 sets with a 3 second roll*



## PLANTAR FASCIA WALL STRETCH

1. Stand up straight facing a wall.
2. Place the toes of your affected leg on the wall.
3. Keep your heel on the floor.
4. Keep your knee straight and bring your hips towards the wall.
5. You should feel a stretch down the back of your calf.
6. Hold this position.

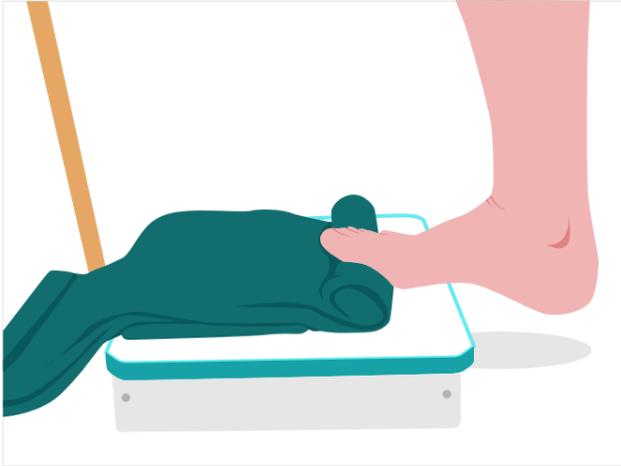
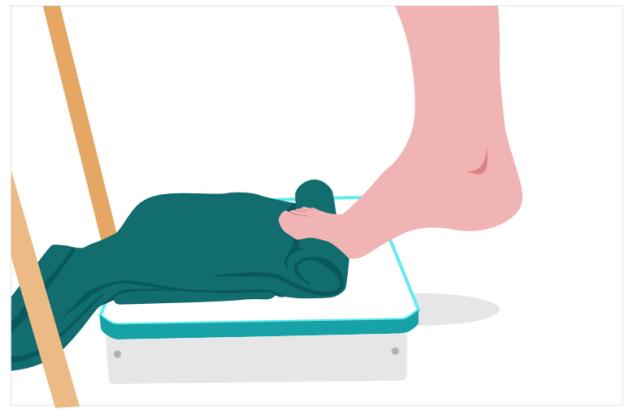
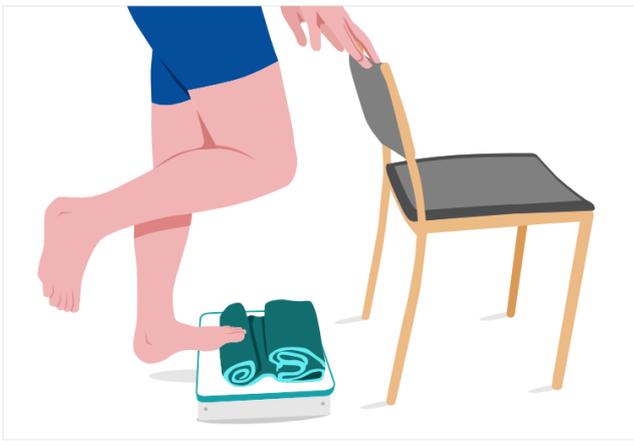
*10 reps, 3 second hold, 2 sets*



## PLANTAR FASCIA MASSAGE

1. Cross our affected leg over your other leg.
2. Place your fingers across your toes and pull back towards to your leg until you feel a stretch in your arch.
3. Hold this position for 5 seconds

*5 sets*



## HEEL RAISES WITH A TOWEL

1. Standing on a step, with a small towel rolled up under your toe, Making sure to hold onto something for balance.
2. Push slowly through the ball of your foot to raise the heel as high (3 seconds going up) as you can and hold for 2 seconds.
3. Slowly lower your without resting at the bottom (3 seconds going down)
4. Repeat

**Frequency: Every second day for 3 months.**

**Week 1:** 12 reps, 3 sets

**Week 2:** 10 reps, 4 sets wearing a backpack with weight such as books

**Week 6:** 8 reps, 5 sets wearing a backpack with weight but increasing load from previous week

**Week 6-12:** 8 reps, 5 sets, increasing weight of backpack as your foot becomes stronger

*If unable to do repetitions of one leg, please start off with two legs until strong enough to do one leg.*

## Be patient

Plantar fasciitis can take between 6-18 months to treat. If your symptoms are worsening or static make sure you seek further treatment.

If you want to schedule a plantar fasciitis assessment or ask me any questions:

- Book online at [www.thefoothub.com.au/book-online](http://www.thefoothub.com.au/book-online)
- Call our clinic on **02 8096 4763**
- Email me at [steve@thefoothub.com.au](mailto:steve@thefoothub.com.au)

