PLANTAR FASCIITIS

Instructions:
Do all exercises slowly and smoothly. Start with five repetitions each exercise and progress to ______ repetitions gradually. Do each exercise set daily for _____ then every other day thereafter until symptoms are gone for two weeks. Then do twice weekly for strength and flexibility maintenance.

1. Foot Border Stand
Starting Position: Stand with feet parallel, six inches apart.
Exercise Action:
   a. Slowly roll onto outer borders of feet. Firmly curl toes down and straighten knees. Hold for three seconds.
   b. Return to starting position and repeat.

2. Foot Rock
Starting Position: Stand with feet parallel, four inches apart.
Exercise Action:
   a. Slowly raise up on our toes, then gently rock onto your heels firmly pulling foot and toes upward and hold for three seconds.
   b. Return to starting position and repeat.

3. Clawing
Starting Position: Sit with bare feet on floor with your toes at the edge of a towel.
Exercise Action: Curl toes over towel repeatedly, gathering and pulling towel toward you.
Progression: Place a one or two pound weight on the far end of the towel.

Note: The smoother the surface, the easier the exercise.

4. Foot Shortening
Starting Position: Sit with bare feet on floor.
Exercise Action:
   a. Keeping your heel on the floor, firmly pull up your foot while curling your toes and hold for three seconds.
   b. Return to starting position and repeat.

5. Toe Pick-up
Starting Position: Sit with bare feet on floor.
Exercise Action: Pick up objects with the toes of one foot. Begin with picking up a sock and progress to marbles of assorted sizes, large wooden beads, etc..
6. **Outward Hip Rotations**  
Starting Position: Standing, feet three inches apart  
Exercise Action:  
a. Outwardly rotate your hips while keeping feet in original position. Hold for three seconds.  
b. Return to starting position and repeat.

7. **Toe Curl**  
Starting Position: Stand on the edge of a telephone book, heels on book; toes over edge.  
Exercise Action:  
a. Flex toes over the edge of the book. Hold for three seconds.  
b. Return to starting position and repeat.

8. **Circumduction**  
Starting Position: Sit with feet dangling.  
Exercise Action:  
a. Rotate toes inwardly, making a circle with your foot.  
b. Rotate toes outwardly, making a circle with your foot.  

**STRETCHES:**  

1. **Fascia Stretch**  
Starting Position: Sit with legs crossed, with the ankle of your involved leg resting on your opposite thigh.  
Stretch: Gently pull up on your big toe to stretch the bottom of your foot.

2. **Achilles Stretch**  
Starting Position: Stand facing a wall. Place hands against wall for balance and move one leg back, keeping foot straight.  
Stretch:  
a. Holding knee straight and keeping heel flat on the floor, bend other knee leaning trunk forward. Do not arch your low back. Feel a stretch in your calf.  
b. Slightly bend the knee and raise the heel about 1 inch off the floor leaning forward into the wall. Feel a stretch near your heel.

**NOTE:** Keep toes pointing forward throughout the exercise.

**GENTLE MASSAGE**  
With your thumb, gently massage from the heel to ball of toes and back. **DO NOT CAUSE PAIN !!!**