

Exercise programmes for patients

Plantar fasciitis

This leaflet describes three exercises – Achilles tendon stretches, plantar fascia stretches and ice bottle rolls – designed to stretch the muscles specifically involved in the rehabilitation of plantar fasciitis.

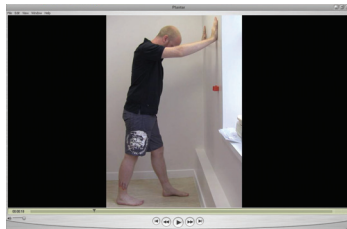
It is also worth massaging the sole of your foot – the plantar fascia – for three to five minutes morning or night. Massage the sole when it is at full stretch, using massage oil or a moisturiser.

Follow the advice shown below – but you will probably find it easier if you use this leaflet in conjunction with the accompanying video.

ACHILLES TENDON STRETCHES

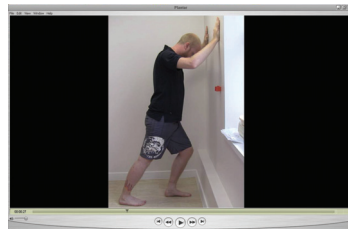
Step 1

Place your hands on the wall, bringing the foot that is not affected by plantar fasciitis in front of the other. Make sure your toes are pointing forward with your heel planted into the floor.



Step 2

Then bend your front leg, while keeping the back (affected) leg straight. This will create a light stretch in the affected leg.



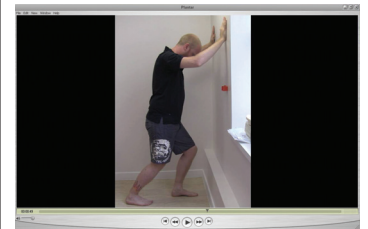
Step 3

Hold that position for 30 seconds, before relaxing and repeating five times.



Step 4

That is followed by the same exercise but this time also bending your back leg. This will produce a stretch lower down in the calf muscle.



Step 5

Again, hold it for 30 seconds, before relaxing and repeating five times.



Continued overleaf

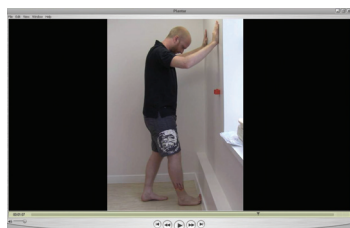
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PLANTAR FASCIA STRETCH

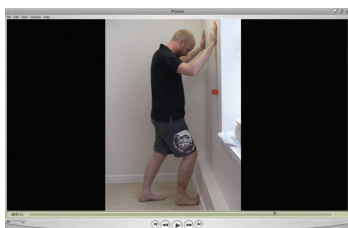
Step 1

This exercise will stretch out the sole of your foot. Place your hands on the wall again, and bring your affected foot forward so your toes slide down the bottom of the wall.



Step 2

Bring your knee forward slightly to give a light calf stretch.



Step 3

Hold for 30 seconds, before relaxing and repeating five times.



ICE BOTTLE ROLLS

Step 1

Freeze a small plastic bottle of water and roll it slowly back and forth under the affected foot.



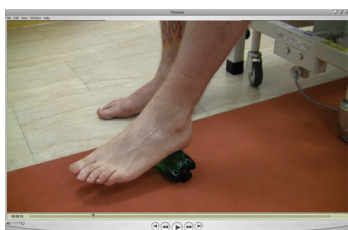
Step 2

Make sure the whole length of the foot is covered, from the heel almost to the tip of the toes.



Step 3

This should be done for three to five minutes, once in the morning and once in the evening.



Go online to watch a physiotherapist take you through the exercises

► www.pulsetoday.co.uk/video/exercises

Remember if the pain persists or gets worse with exercise then stop and make an appointment to see your doctor