



Stretching



Plantar fascia stretch

Sit down and rest the arch of your foot on a round object (e.g. a tin of beans). Roll the arch in all directions for a few minutes. Repeat this exercise at least twice daily.



Wall push

a) Facing a wall, put both hands on the wall at shoulder height and place one foot in front of the other. The front foot should be approximately 30 cm (12 inches) from the wall. With the front knee bent and the back knee straight, bend the front knee towards the wall until the calf in your back leg feels tight. Relax and repeat 10 times.



b) Repeat a) but bring the back foot forward a little so that the back knee is slightly bent. Repeat the 10 times.

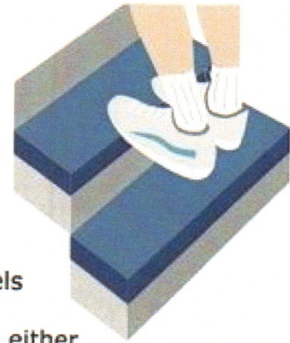


Achilles tendon and plantar fascia stretch

Loop a towel around the ball of your foot and pull your toes towards your body, keeping your knee straight. Hold for 30 seconds. Repeat 3 times on each foot.

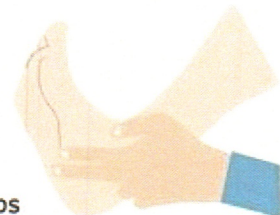
Step Stretch:

Stand with your toes on a step and your heels off the edge. Slowly lower your heels down, hold for 15 seconds, and then lift your heels to their starting position. You can either do both feet at the same time, or one foot at a time. Repeat five times.



Plantar Fascia Massage:

Using two fingers, apply small circular friction to any tight knots or lumps in the plantar fascia. The pressure should be deep, but not so much that you tighten up with pain.



Toe Stretch:

Place just toes up on the wall with the ball of the foot and heel on the ground. Lean into the wall slowly until the stretch is felt. Hold for 30 seconds and repeat 3 times.

