

Exercises to help with plantar fasciitis

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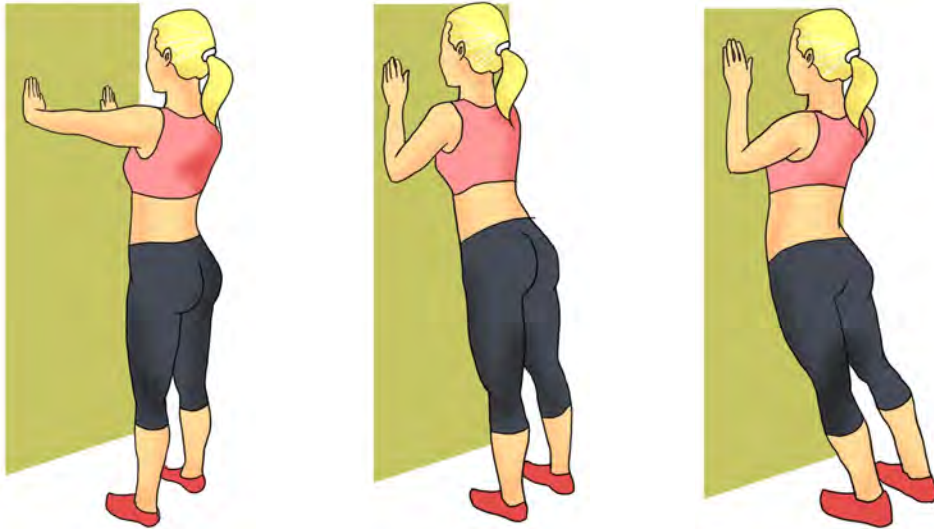
1 - Plantar fascia-stretching exercise.

Cross the bad leg over the good leg. Place fingers of your hand across the base of the toes and pull the toes back toward the shin until you feel a stretch in the arch or plantar fascia. You can push the arch with the thumb of the other hand to feel the tension in the plantar fascia. Hold the stretch for a count of 10. Repeat x 3. Alternate on other leg.



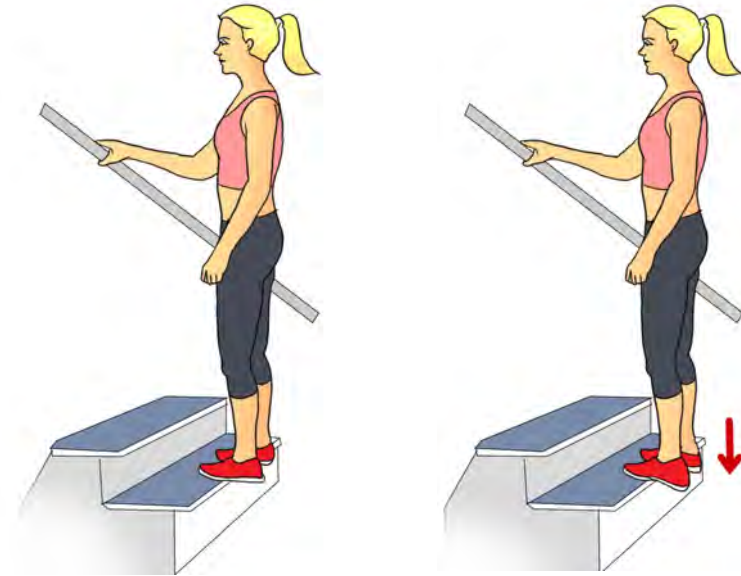
Research has shown that the above exercise is very good for plantar fasciitis.

Ref - Plantar fascia-specific stretching exercise improves outcomes in patients with chronic plantar fasciitis. A prospective clinical trial with two-year follow-up. Digiovanni BF, Nawoczinski DA, Malay DP, Graci PA, Williams TT, Wilding GE, Baumhauer JF. J Bone Joint Surg Am. 2006 Aug;88(8):1775-81



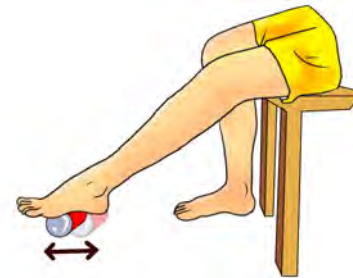
2 - Wall Stretch

Stand facing a wall, about one and a half foot lengths away. Place both hands on the wall at shoulder height. Your arms should be outstretched; adjust your feet as necessary. Lean forwards so that your chest, then finally your hips are touching the wall. Keep your heels planted on the floor while leaning forward. You should feel a stretch down the backs of your legs. Hold for a count of 10. Repeat x 3.



3 - Step Stretch

Stand with only the balls (front) of your feet on a step. Hold the banister for support. Now allow your heels to drop below the level of the step, feeling the stretch down the backs of the calves. Maintain the lowered stretched position for a count of 10. Return to normal. Repeat x 3



4 - Can Stretch

Place a can of any soft drink on the floor. Place your foot firmly on the can. Gently but firmly roll the can under the foot for one minute. Allow the can to push into the fascia as the can is rolled. Repeat x 3.

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