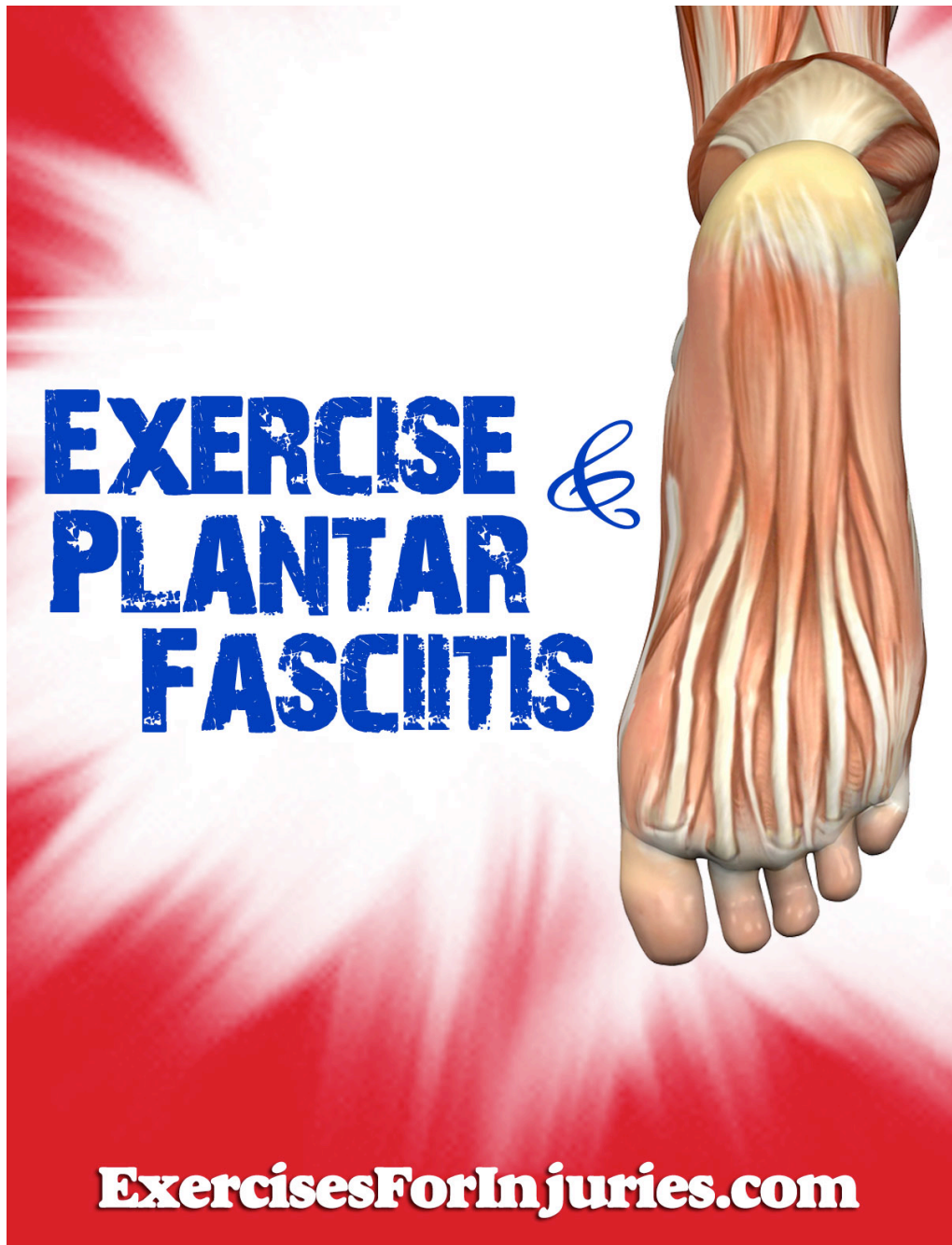


# Effective Plantar Fasciitis Exercises



- *The One Stretch for Rapid Plantar Fasciitis Relief* -

This stretch is very good, especially for 10% that do not have plantar fasciitis symptoms resolve after 10 months.

Lets get to how to do the stretch.

In a sitting position, you cross the affected leg over the other leg. Then hand of the affected side, you place them at the base of your toes (metatarsophalangeal joints). Looking in the picture. If my left foot has plantar fasciitis, with your left hand you grab the toes of your left foot.


Not you pull your toes back until you feel a stretch in the arch of your foot.

You use your other hand to confirm that the plantar fascia is being stretched.

### Details to remember:

- Hold stretch for 10 seconds and repeat 10 times
- Perform 3 times per day
- First stretch is done before taking the first step in the morning
- Refer to this sheet and the video on how to do the stretch if your forget
- It could be helpful, writing out when you have stretched.
- It may help you to take anti-inflammatory medication (celebrex, or ibuprofen)
- Do this for 8 weeks

### Exercise Summary

Picture	Number of Times	Description
<p><b>Fascia Stretch</b></p> 	Perform 3 times a day for 10 repetitions with each being held 10 seconds.	Pulling toes back and stretching plantar fascia.