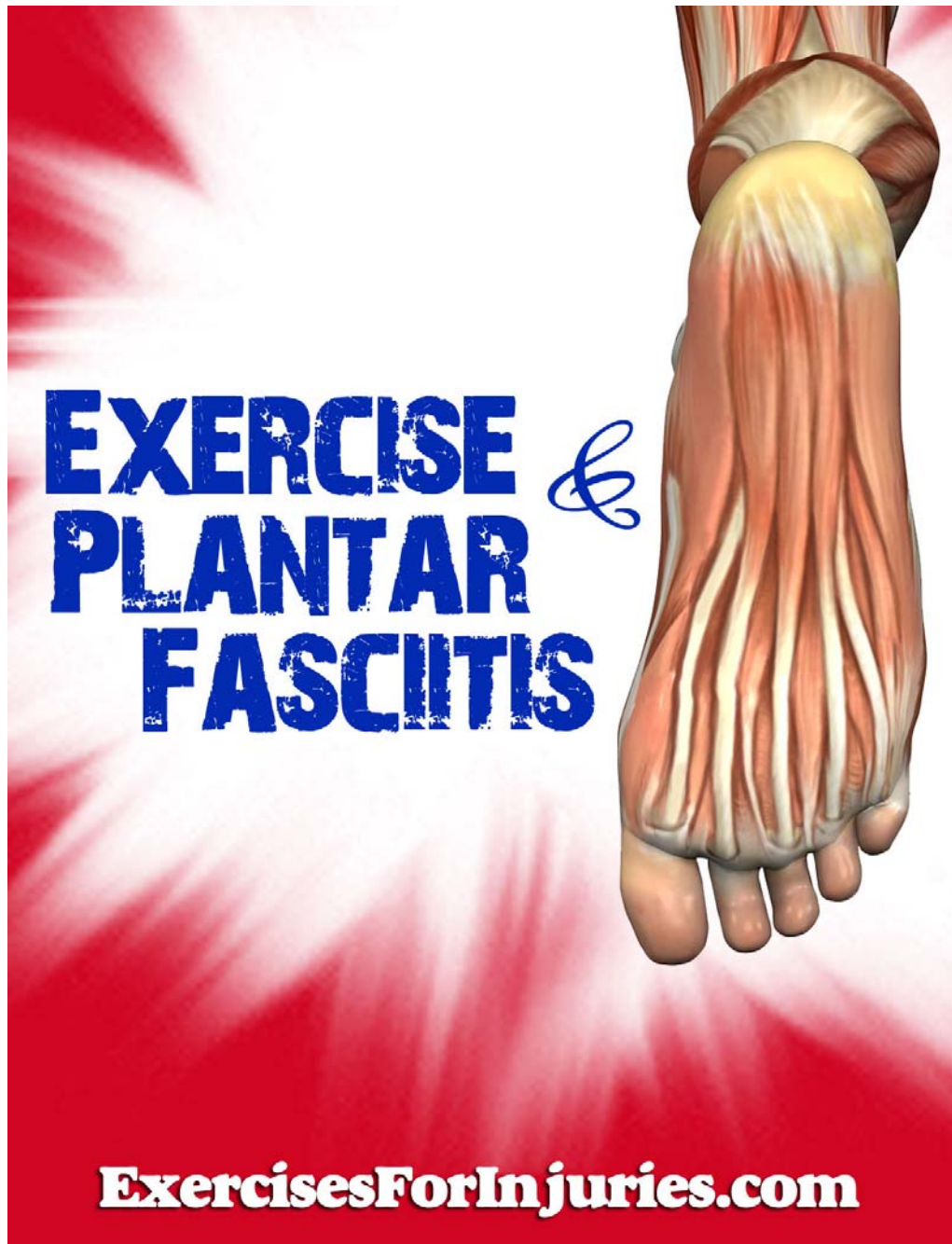





Effective Plantar Fasciitis Exercises



- Quick Reference Guide -

Plantar Fasciitis Exercise Program - Month 1 – Decrease Tension

Exercise Summary

Picture	Number of Times	Description
<p>Fascia Stretch</p> 	Perform 3 times a day for 10 repetitions with each being held 10 seconds.	Pulling toes back and stretching plantar fascia.
<p>Plantar Fascia Roll Over Foam Roller</p> 	Perform 3 times a day for 10 repetitions.	Rolling foot over full foam roller or 1L soda bottle.
<p>Foam Rolling Calf – Toe Up</p> 	Perform 3 times a day. Roll up and down calf twice.	Roll up and down calf, stop at points that are sensitive. When sensitivity subsides, continue on.

Foam Rolling Hamstring – Toe Up



Perform 3 times a day.
Roll up and down
hamstring, twice.

Roll up and down
hamstring, 2 twice.

Calf Stretch - Natural



Perform 3 times a day.
Hold for 30 seconds and
perform twice

Straight leg behind you
and heel on the ground,
looking for a stretch in
the calf.

Soleus Stretch - Natural



Perform 3 times a day.
Hold for 30 seconds and
perform twice

Back leg is one stride
behind you, bending at
the knees and looking
for a light stretch under
the calf.

Calf Stretch with Foam Roller - Double Heel Drop



Perform 3 times a day.
Hold for 30 seconds and
perform twice

Heels off the end of a ½
foam roller or the
bottom step of stairs.
Dropping heels of the
edge and looking for a
light stretch in the
calves.

Soleus Stretch with Foam Roller - Double Heel Drop



Perform 3 times a day.
Hold for 30 seconds and
perform twice

Back leg is ½ a stride
behind you, bending at
the knees and looking
for a light stretch under
the calf.

Knee to the Wall






Perform 3 times a day.
10 repetitions.

Foot against wall and
move knee towards wall
and then leg back to
straight.

Plantar Fasciitis Exercise Program - Month 2 – Decrease Tension

Exercise Summary

Picture	Number of Times	Description
<p>Fascia Stretch</p> 	Perform 3 times a day for 10 repetitions with each being held 10 seconds.	Pulling toes back and stretching plantar fascia.
<p>Plantar Fascia Roll Over Bottle</p> 	Perform 3 times a day for 10 repetitions.	Rolling foot over 1L soda bottle.
<p>Foam Rolling Calf – Toe Out</p> 	Perform 3 times a day. Roll up and down calf twice.	Roll up and down calf, stop at points that are sensitive. When sensitivity subsides, continue on.

Foam Rolling Hamstring – Toe Out



Perform 3 times a day.
Roll up calf twice.

Roll up and down
hamstring, 2 twice.

Calf Stretch – Toe Straight



Perform 3 times a day.
Hold for 30 seconds and
perform twice

Straight leg behind you
and heel on the ground,
toe straight ahead,
looking for a stretch in
the calf.

Soleus Stretch – Toe Straight



Perform 3 times a day.
Hold for 30 seconds and
perform twice

Back leg is one stride
behind you, bending at
the knees and looking
for a light stretch under
the calf.

Calf Stretch with Foam Roller - Single Heel Drop



Perform 3 times a day.
Hold for 30 seconds and
perform twice

Heel off the end of a $\frac{1}{2}$ foam roller or the bottom step of stairs. Dropping heel off the edge and looking for a light stretch in the calves.

Soleus Stretch with Foam Roller - Single Heel Drop



Perform 3 times a day.
Hold for 30 seconds and
perform twice

Back leg is $\frac{1}{2}$ a stride behind you, bending at the knees and looking for a light stretch under the calf.

Knee to the Wall with $\frac{1}{2}$ Foam Roller






Perform 3 times a day.
10 repetitions.

Foot on a $\frac{1}{2}$ foam roller or a large book and move knee towards wall.

Plantar Fasciitis Exercise Program - Month 3 – Improve Movement

Exercise Summary

Picture	Number of Times	Description
<p>Fascia Stretch</p> 	Perform once a day for 10 repetitions with each being held 10 seconds.	Pulling toes back and stretching plantar fascia.
<p>Ball Roll</p> 	Perform once a day for 10 repetitions.	Rolling foot over a ball over the fascia.
<p>Foam Rolling Calf – Toe Out</p> 	Perform once a day. Roll up and down calf twice.	Roll up calf, stop at points that are sensitive. When sensitivity subsides, continue on.

Effective Plantar Fasciitis Exercises – Quick Reference Guide

Foam Rolling Hamstring – Toe Out



Perform once a day.
Roll up and down
hamstring, twice.

Roll up and down
hamstring, 2 twice.

Calf Stretch – Toe In



Perform once a day.
Hold for 30 seconds and
perform twice

Straight leg behind you
and heel on the ground,
toe is in, looking for a
stretch in the calf.

Soleus Stretch – Toe In



Perform once a day.
Hold for 30 seconds and
perform twice

Back leg is ½ a stride
behind you, bending at
the knees and looking
for a light stretch under
the calf.

Calf Stretch with Foam Roller - Single Heel Drop



Perform once a day.
Hold for 30 seconds and
perform twice

Heel off the end of a ½
foam roller or the
bottom step of stairs.
Dropping heel off the
edge and looking for a
light stretch in the
calves.

Soleus Stretch with Foam Roller - Single Heel Drop



Perform once a day.
Hold for 30 seconds and
perform twice

Heel off the end of a ½
foam roller or the
bottom step of stairs.
Dropping heel of the
edge, bending at the
knee and looking for a
light stretch under the
calves.

Heels Off Step



Perform once a day. 10
repetitions.

Dropping heel off a step
focusing on movement
in the ankle.