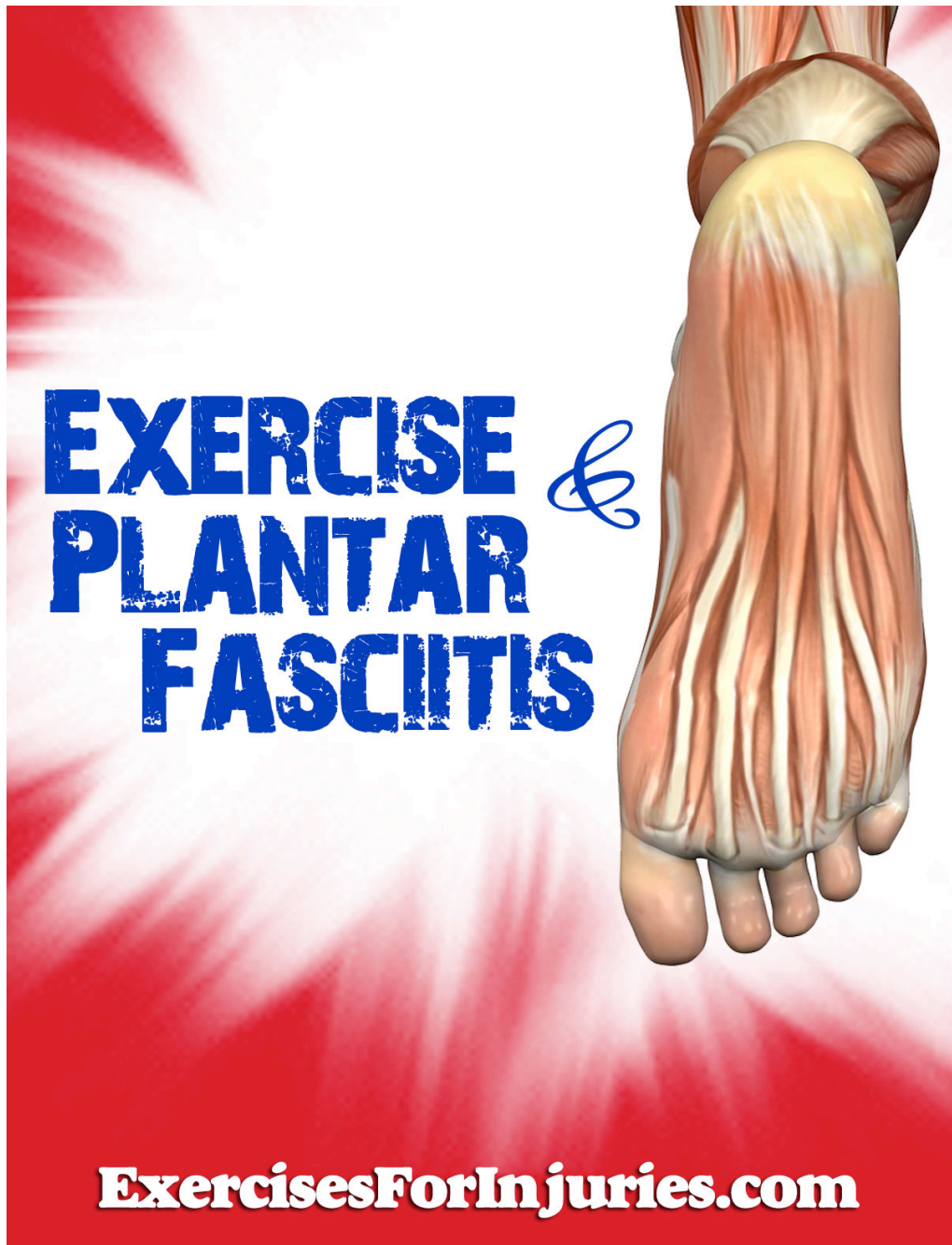


Effective Plantar Fasciitis Exercises



- 12 Week Plantar Fasciitis Exercise Solution -

3 Month Plantar Fasciitis Exercise Program

	Stage 1	Stage 2	Stage 3
Structure Specific Stretching	Fascia Stretch	Fascia Stretch	Fascia Stretch
Self Massage	Self Massage - Foam Roller	Self Massage - Bottle	Self Massage - Ball
Self Massage	Foam Roller Calf Toe Up	Foam Roller Calf - Toe Out	Foam Roller Calf - Toe Out
Self Massage	Foam Roller Hamstring Toe Up	Foam Roller Hamstring - Toe Out	Foam Roller Hamstring - Toe Out
Lower Body Stretching	Calf Stretch – Natural	Calf Stretch – Toe Straight	Calf Stretch – Toe In
Lower Body Stretching	Soleus Stretch - Natural	Soleus Stretch – Toes Straight	Soleus Stretch – Toe In
Lower Body Stretching	Calf Stretch with Foam Roller - <i>Double Heel Drop</i>	Calf Stretch with Foam Roller – Single Leg Heel Drop	Calf Stretch with Foam Roller – Off Edge
Lower Body Stretching	Soleus Stretch with Foam Roller – <i>Double Heel Drop</i>	Soleus Stretch with Foam Roller – Single Leg Heel Drop	Soleus Stretch with – Off Edge
Ankle Mobility	Knee to Wall	Knee to Wall with ½ Roller	Heel off Step

Plantar Fasciitis Exercise Program - Month 1 – Decrease Tension

Goal: To decrease pain in the heel, decrease tension in plantar fascia, decrease tension in lower body muscles, improve lower body tissue quality, and improve ankle movement.

Equipment Needed: Bottle and half foam roller

Frequency: Everyday

Estimated Time to Complete: 15 minutes

Range of Motion	Sets & Reps
Fascia Stretch	10 second hold for 10 repetitions / Perform 3 times a day
Self Massage - Foam Roller	10 repetitions / Perform 3 times a day
Foam Roller Calf Toe Up	Hold until subsides / Done 3 times a day
Foam Roller Hamstring Toe Up	Roll 10 times / Done 3 times a day
Calf Stretch - Natural	30 second hold for 2 repetitions / Perform 3 times a day
Soleus Stretch - Natural	30 second hold for 2 repetitions / Perform 3 times a day
Calf Stretch with Foam Roller – Double Heel Drop	30 second hold for 2 repetitions / Perform 3 times a day
Soleus Stretch with Foam Roller – Double Heel Drop	30 second hold for 2 repetitions / Perform 3 times a day
Knee to Wall	10 repetitions / Perform 3 times a day

Plantar Fasciitis Exercise Program - Month 2 – Decrease Tension

Goal: To continue decreasing pain in the heel, decrease tension in plantar fascia, decrease tension in lower body muscles, improve lower body tissue quality and improve ankle movement.

Equipment Needed: Bottle and half foam roller

Frequency: Everyday

Estimated Time to Complete: 15 minutes

Range of Motion	Sets & Reps
Fascia Stretch	10 second hold for 10 repetitions / Perform 3 times a day
Self Massage - Bottle	10 repetitions / Perform 3 times a day
Foam Roller Calf Toe Out	Hold until subsides / Done 3 times a day
Foam Roller Hamstring Toe Out	Roll 10 times / Done 3 times a day
Calf Stretch – Toe Straight	30 second hold for 2 repetitions / Perform 3 times a day
Soleus Stretch – Toe Straight	30 second hold for 2 repetitions / Perform 3 times a day
Calf Stretch with Foam Roller – Single Heel Drop	30 second hold for 2 repetitions / Perform 3 times a day
Soleus Stretch with Foam Roller – Double Heel Drop	30 second hold for 2 repetitions / Perform 3 times a day
Knee to Wall with Foot Away from Wall	10 repetitions / Perform 3 times a day

Plantar Fasciitis Exercise Program - Month 3 – Improve Movement

Goal: To get decrease tension in plantar fascia, decrease tension in lower body muscles, improve lower body tissue quality and improve ankle movement.

Equipment Needed: bottle and half foam roller

Frequency: Everyday

Estimated Time to Complete: 15 minutes

Range of Motion	Sets & Reps
Fascia Stretch	10 second hold for 10 repetitions / Perform 1 time a day
Self Massage – Ball	10 repetitions / Perform 1 time a day
Foam Roller Calf - Toe Out	Hold until subsides / Done 1 time a day
Foam Roller Hamstring - Toe Out	Roll 10 times / Done 1 time a day
Calf Stretch – Toe In	30 second hold for 2 repetitions / Perform 1 time a day
Soleus Stretch – Toe In	30 second hold for 2 repetitions / Perform 1 time a day
Calf Stretch with Foam Roller – Off Edge	30 second hold for 2 repetitions / Perform 1 time a day
Soleus Stretch with Foam Roller – Off Edge	30 second hold for 2 repetitions / Perform 1 time a day
Heel Off Step	10 repetitions / Perform 1 time a day