

NORTHEAST FOOT & ANKLE SPECIALISTS  
*Medicine & Surgery of the Feet*

Plantar Fasciitis Stretches

You should do #1-4 two times each and continue repeating until you have stretched for approximately 4-5 minutes.

1) *Rope, Towel or Belt Stretch*: Take one of these things and while sitting or laying in bed before you get up in the morning wrap it around the ball of your foot and pull the ball towards you and feel the stretch. Maintain for 30 seconds and repeat.

2) *Wall Push Up*: Go into a push up position with your hands against a wall. Then put the foot to be stretched back like you are in a runner's starting position getting ready to sprint. Keep the heel flat on the floor and lean forward and feel the stretch in the calf and maintain this for 30 seconds. Switch and do the other side.

3) *Book Stretch*: While standing up, put an object such as a book underneath the ball of your foot or feet. Then lean forward over the leg to be stretched so you are leaning over the stretched foot. You should be bracing yourself against a wall in front of you. Hold stretch for 30 seconds then switch sides.

4) *Stair or Curb Stretch*: Find a stair or curb and put the ball(s) of your foot (feet) on the edge. Then drop your heel down in the air thus putting the front of your foot at an upward angle and maintain stretch for 30 seconds.

5) *Optional*: Purchase a Pro-Stretch. This is a circular stretcher you can get at sporting good stores or Relax the Back Stores. It will cost approximately \$25.00.

6) *Optional*: Contrast Therapy: Put the affected area in ice for 5 minutes followed immediately by hot water (heat) for 10 minutes then back to the ice for 5 more minutes. Do this 3-4 times a day.