

Plantar Fascia Stretch for Heel Pain

As this creates an isolated stretch on the plantar fascia, it has shown to be highly effective when performed over a 6-8 week period. It is important to keep relaxed at the ankle, and to do this exercise before rising in the morning and after any prolonged periods of rest.

- Cross the affected leg over the other leg while seated, before any walking or weight bearing
- Using your hand on the affected side, pull the toes of the affected foot upward toward the shin until the stretch can be felt in the arch.
- Check the stretch by gently rubbing your thumb on your unaffected side left to right over the arch of your foot (see picture). The plantar fascia should feel firm.
- Hold the stretch for ten seconds and to repeat it ten times.
- Repeat three times per day for 8 weeks.



If you have any questions about the information in this leaflet, please contact Podiatry Services.

Further information about the service and how to manage a

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Podiatry Services Patient Information Leaflet

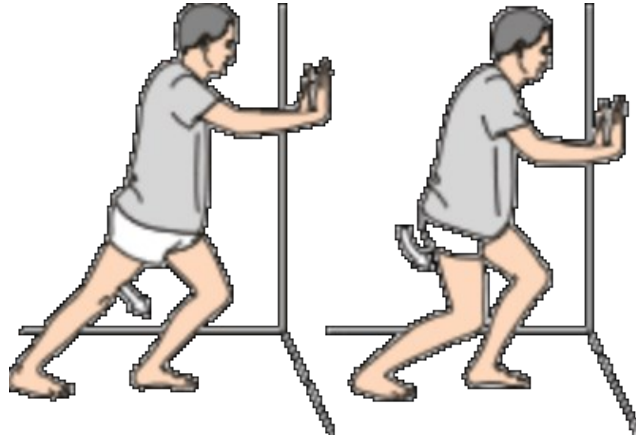


Calf Muscle and Plantar Fascia Stretching Exercises

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Wall Calf Muscle Stretches

These exercises need to be performed first with the knee straight and then with the knee bent to stretch both parts of the Achilles tendon.



1. Twice a day do the following wall push-ups or stretches:
 - Face the wall, put both hands on the wall at shoulder height and stagger the feet (one foot in front of the other). The front foot should be approximately 30cm (12 inches) from the wall.
 - With the front knee bent and the back knee straight, lean into the stretch (ie towards the wall) until a tightening is felt in the calf of the back leg.
 - Hold for 30 seconds and then ease off. Repeat ten times.
2. Now repeat this exercise but bring the back foot forward a little so that the back knee is slightly bent. Repeat ten times.

Stair Stretches for Calf Muscle and Plantar Fascia

Holding the stair-rail for support, with legs slightly apart, position the feet so that both heels are off the end of the step.

Lower the heels, keeping the knees straight, until a tightening is felt in the calf. Hold this position for 30 seconds and then raise the heels back to neutral.

Repeat five times, at least twice a day as a minimum.



Calf Muscle and Plantar Fascia Stretch

Loop a towel or a dressing gown cord around the ball of your foot and, keeping your knee straight, pull your toes towards your nose until you feel the stretch.

Holding for 30 seconds, repeat five times for each leg.

Repeat again five times at night.

Repeat the above, this time with a cushion underneath the knee for the soleus muscle.

