

Podiatry Services

Patient Information Leaflet

Plantar Fascia Alternative Stretch Massage

(V1 October 2020)



1. Find a firm object which can roll such as a golf ball, tin can or rolling pin
2. You can do this exercise while sitting or standing
3. Raise your toes back towards your body
4. Roll the object under the arch of the affected foot for a maximum of 10 minutes, pushing down as much as you can.
5. Repeat as required but leave at least 1 hour between uses.

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 range of foot health problems yourself, can also be found on our website:

www.livewellsouthwest.co.uk/project/podiatry

Contact Details

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