

# Podiatry Services

## Patient Information Sheet

# Plantar Fascia- Load Conditioning

(V1 August 2021)

1. On the edge of a step- place a rolled-up towel under the toes of the affected foot.
2. Raise yourself slowly onto tiptoe, taking 3 seconds to do so.
3. Slowly and under control, lower yourself back down below the level of the step, taking 3 seconds to do so.
4. Repeat as many times as possible until either your calf muscles become tired, or your foot pain prevents further repetitions
5. Perform the same on the other foot/leg

Aim to complete this exercise every other day or 2-3 times per week. Gradually increasing the number of repetitions each week.

See Video link: <https://bit.ly/3fCLlbO> Choose No 8

**Caution:** you will develop muscle soreness during the first few days/weeks of doing this exercise. This is normal and will subside once your body becomes accustomed to the exercise.

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](http://www.livewellsouthwest.co.uk/project/podiatry)

## Contact Details

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