

Podiatry Services

Patient Information Sheet

Plantar Fascia Stretch-Massage

(V1 August 2021)



1. Sit on a chair and rest the affected foot on the opposite knee. Keep your ankle relaxed.
2. With the same side hand, grasp the toes and bend these back towards you.
3. You should be able to feel the tightened plantar fascia with the other hand.
4. Use the fingers or thumb of the free hand to massage across the tightened plantar fascia.
5. Hold this stretch for 10 seconds, then relax. Repeat this 10 times.
6. Carry out stretch 3 times every day.

See video link <https://bit.ly/3fCLlB0> Choose No 7

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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