



Plantar Fascia Cross Friction - Transverse Massage

1. Carry out while seated in the same position for the plantar fascia specific stretch.
2. Use the fingers of the free hand to massage across the tightened fibres of the plantar fascia.
3. Perform massage for up to 30 seconds, then relax.

Repeat twice more.

See video Link <https://bit.ly/3fCLlbo> - 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

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Podiatry Services Patient Information Leaflet



Plantar Fascia: Stretches and Strengthening Exercises

(August 2021 V1)



Calf Stretches – Gastrocnemius Muscle

1. Both feet pointing forwards at shoulders width, staggered (one foot in front of the other).
2. Lean forwards, keeping back leg straight and heel on the floor.
3. Hold stretch for 30 seconds.

Repeat on opposite leg. Repeat stretch in both legs 5 times.

See Video Link <https://bit.ly/3fCLlB0> - Choose No 12



Calf Stretches – Soleus muscle

1. Both feet pointing forwards at shoulders width, stagger your feet (one in front of the other).
2. Squat down so that back leg bends at the knee.
3. Hold stretch for 30 seconds.

Repeat 5 times on both legs.

See Video Link <https://bit.ly/3fCLlB0> - Choose No 5



Plantar Fascia Specific Stretch

1. Find a firm object like a golf ball, tin can, or a rolling pin. You can do this exercise while sitting or standing.
2. Raise your toes back towards your body.
3. Roll the object under the arch of the affected foot for a maximum of 10 minutes, pushing down as much as you can.

Repeat as required, but leave at least 1 hour between uses.



Frozen Bottle of Water

1. Keep a plastic bottle of water in the freezer.
2. Roll the bottle under the affected foot, for a maximum of 10 minutes., pushing down as much as you can.
3. Repeat as required, but leave at least 1 hour between uses.
4. If you find it too cold to undertake this exercise, either wear a sock, or place the bottle in a sock.



Plantar Fascia: High Load Strengthening

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.

Perform the same on the other foot/leg.

See Video Link <https://bit.ly/3fCLlB0> - Choose No 8.

Aim to complete every other day/2-3 times per week. Gradually increase number of repetitions each week.