



### Plantar Fascia Cross Friction - Transverse Massage

Sit and cross your affected foot over your opposite knee. Pull your toes back towards your shin (you may feel a stretch in your arch). Hold this position for 10 seconds, repeating 10 times, and complete at least three sets daily, especially before standing after rest or in the morning.

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.**

For more information about our services and how to manage common foot problems at home, please visit our website:

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

### Contact Details

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# Podiatry Services

## Patient Information Leaflet

# Plantar Fascia: Stretches and Strengthening Exercises

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## 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 in the same way as the Plantar Fascia Specific Stretch, 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.

## Toe Scrunching



1. Sit with your feet flat on the floor, with a towel placed flat under your feet.
2. Curl your toes, drawing them towards your heel and bunching the towel up.
3. Hold the scrunch for a few seconds, feeling the muscles in your foot working. Then, release your toes and stretch them out.
4. Repeat this motion 10-20 times.
5. Make it more difficult by scrunching against a tight resistance band. Place the band under the toes or entire forefoot and press the toes down.



## Plantar Fascia: High Load Strengthening (Rathleff protocol)

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.

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/3fCLlbo> - Choose No 8.

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

**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.