

PLANTAR FASCIITIS

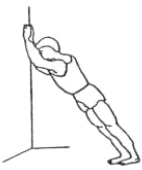
A patient's guide



EXERCISES



Stand on a step – support yourself only on the front of feet, keeping knees straight. A moderate stretch of the calf muscles should be felt. **Hold for 15 seconds. Repeat 6 times 6 times a day.**



Stand at arm's length from a wall, feet together. Lean to the wall keeping your heels on the ground and knees straight. **Hold for 15 seconds. Repeat 6 times 6 times a day.**



Stand at arm's length from a wall with your back knee locked and front knee bent. Keep both heels on the ground and bend straight leg. **Hold for 15 seconds repeat with other leg. Repeat 6 times a day**



Place forefoot (toe) against the wall and lean forward and apply gentle pressure. **Hold for 5 seconds Repeat 6 times 6 times a day**



Place a can of previously cooled **but not frozen** soft drink under the heel of your foot and roll backwards and forwards. **Duration 4 min Repeat twice a day**

IT MAY TAKE TIME

DO NOT GET DISCOURAGED

YOU WILL GET BETTER