

Plantar Fasciitis: Exercises

Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

How to do the exercises

Towel stretch



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1. Sit with your legs extended and knees straight.
2. Place a towel around your foot just under the toes.
3. Hold each end of the towel in each hand, with your hands above your knees.
4. Pull back with the towel so that your foot stretches toward you.
5. Hold the position for at least 15 to 30 seconds.
6. Repeat 2 to 4 times a session, up to 5 sessions a day.

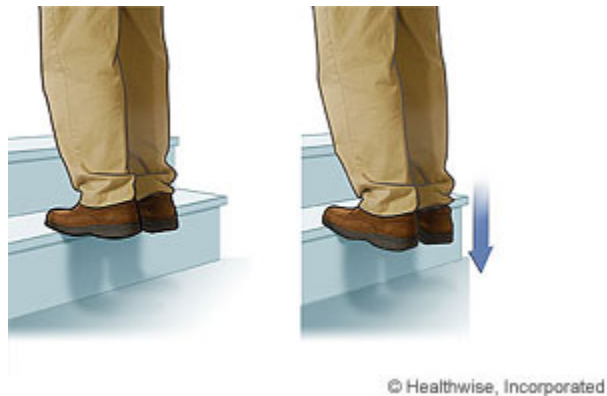
Calf stretch (back knee straight)



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1. Stand facing a wall with your hands on the wall at about eye level. You can also do this with your hands on the back of a chair, a counter, or a tree.
2. Put one leg about a step behind your other leg, with your toes pointing forward.
3. Keeping your back leg straight and your back heel on the floor, bend your front knee and gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times for each leg.

Plantar fascia and calf stretch



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Stretching the plantar fascia and calf muscles can increase flexibility and decrease heel pain. You can do this exercise several times each day and before and after activity.

1. Stand on a step as shown above. Be sure to hold on to the banister.

2. Slowly let your heels down over the edge of the step as you relax your calf muscles. You should feel a gentle stretch across the bottom of your foot and up the back of your leg to your knee.
3. Hold the stretch about 15 to 30 seconds, and then tighten your calf muscle a little to bring your heel back up to the level of the step. Repeat 2 to 4 times.

Towel curls



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Make this exercise more challenging by placing a weighted object, such as a soup can, on the other end of the towel.

1. While sitting, place your foot on a towel on the floor and scrunch the towel toward you with your toes.
2. Then, also using your toes, push the towel away from you.

Marble pickups



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1. Put marbles on the floor next to a cup.
2. Using your toes, try to lift the marbles up from the floor and put them in the cup.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

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