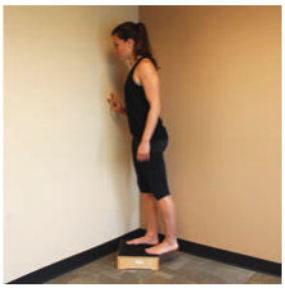
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To view video clips and further instruction of your prescribed exercise program, please visit **www.OrthoIndy.com/PTVideos**.

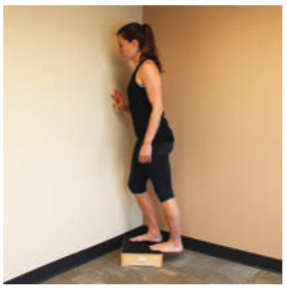
Plantarfasciitis Home Exercise Program

Plantar Fascia Stretch on Step

Reps: 5 Sets: 1 Hold (sec): 30 Weekly: 5x Daily: 3x



Step 1



Step 2

Setup
Begin standing with both feet on a step, with one heel resting off the edge with just your toes on the step.
Movement
Push your heel down until you feel a stretch in the arch of your foot.
Tip
Make sure to perform the movement in a slow and controlled manner.

Gastroc Stretch on Wall

Reps: 5 Sets: 1 Hold (sec): 30 Weekly: 5x Daily: 3x



Step 1



Step 2

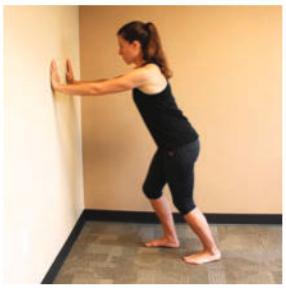
Setup
Begin in a standing upright position in front of a wall.
Movement
Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.
Tip
Make sure to keep your heels on the ground and back knee straight during the stretch.

Soleus Stretch on Wall

Reps: 5 Sets: 1 Hold (sec): 30 Weekly: 5x Daily: 3x



Step 1



Step 2

Setup
Begin in a standing upright position in front of a wall.
Movement
Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.
Tip
Make sure to keep your heels on the ground and back knee bent during the stretch.

Seated Plantar Fascia Stretch

Reps: 5 Sets: 1 Hold (sec): 30 Weekly: 5x Daily: 3x



Step 1



Step 2

Setup
Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.
Movement
Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.
Tip
Make sure to keep the stretch slow and controlled.

Towel Scrunches

Reps: 10 Sets: 3 Hold (sec): 3 Weekly: 5x Daily: 3x



Step 1



Step 2

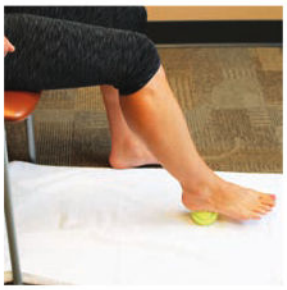
Setup
Begin in a staggered standing or seated position with your forward foot resting on a flat towel, and the knee slightly bent.
Movement
Use your toes to scrunch up the towel.
Tip
Make sure to keep the rest of your foot in contact with the ground.

Seated Plantar Fascia Mobilization with Small Ball

Reps: 10 Sets: 1 Hold (sec): 30 Weekly: 5x Daily: 3x



Step 1



Step 2

Setup
Begin sitting in a chair with your foot resting on a small ball.
Movement
Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.
Tip
Make sure to use just enough pressure that you feel a stretch but no pain.