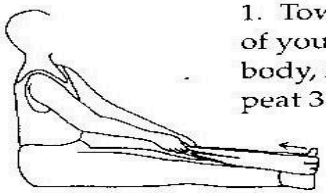
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Plantar Fasciitis Rehabilitation Exercises

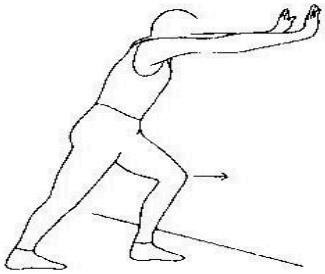
You may begin exercising the muscles of your foot right away by gently stretching them as follows:



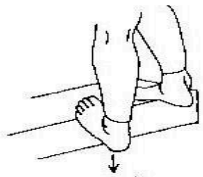
Towel stretch

1. Towel stretch: Sit on a hard surface with your injured leg stretched out in front of you. Loop a towel around the ball of your foot and pull the towel toward your body, stretching the back of your calf muscle. Hold this position for 30 seconds. Repeat 3 times. When the towel stretch becomes too easy, you may begin doing the standing calf stretch.

2. Standing calf stretch: Facing a wall, put your hands against the wall at about eye level. Keep the injured leg back, the uninjured leg forward, and the heel of your injured leg on the floor. Turn your injured foot slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 to 60 seconds. Repeat 3 times. When you can stand comfortably on your injured foot, you can begin stretching the planter fascia at the bottom of your foot.



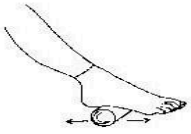
Standing calf stretch



Plantar fascia stretch

3. Plantar fascia stretch: Stand with the ball of your injured foot on a stair. Reach for the bottom step with your heel until you feel a stretch in the arch of your foot. Hold this position for 30 to 60 seconds and then relax. Repeat 3 times.

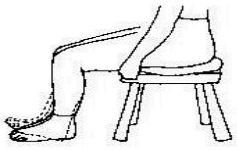
After you have stretched the bottom muscles of your foot, you can begin strengthening the top muscles of your foot.



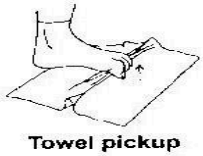
Frozen can roll

4. Frozen can roll: Roll your bare injured foot back and forth from your heel to your mid-arch over a frozen juice can. Repeat for 3 to 5 minutes. This exercise is particularly helpful if done first thing in the morning.

5. Sitting toe raise: Sit in a chair with your feet flat on the floor. Raise the toes and the ball of your injured foot off the floor while keeping your heel on the floor. Hold for 5 seconds. Repeat 10 times. Do three sets of 10.



Sitting toe raise



Towel pickup

6. Towel pickup: With your heel on the ground, pick up a towel with your toes. Release. Repeat 10 to 20 times.