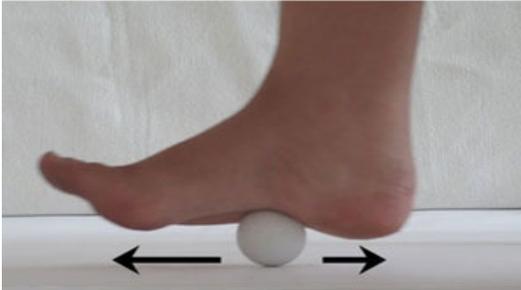




Plantar Fasciitis Stretches



While seated, roll a golf ball over the arch of the foot back and forth from your heel to the toes. Roll for about 30-40 seconds and apply as much pressure as you can without hurting the foot. If this feels okay, you can take the exercise further by doing this exercise while you are standing up, making the exercise a lot stronger. Keep doing this for about 4 minutes.



Stand up and place your hands against a wall at about eye level, or put a chair in front of you and place two hands on the top of the back of the chair. Extend one leg about a step behind your other leg, so that one leg is straight and the other one bent. Keep the heel of the straight leg on the floor and lean forward. You should feel a strong pull in the calves. Hold this position for about 20 seconds and repeat 4 times.



Tight, short Achilles tendons also contribute to Plantar Fasciitis. This stretch is quite strong and should be carried out with care. Stand on a step as shown below, holding on to the stair rails with one hand to balance yourself. Now slowly lower both heels over the edge of the step. You'll feel a strong pull at the back of the heels and also in your calves. Hold this position for about 20 seconds and raise your heels back up to the level of the step. Repeat this exercise 3 or 4 times.



Fill a water bottle and freeze it. After stretching, roll the frozen water bottle back and forth from heel to toe for 15 minutes.