FOR PLANTAR FASCIITIS: THE ECCENTRIC EXERCISE

Directions:

- Standing on an elevated surface or a slant board, bend the left knee so that it is parallel to the floor. This knee should be bent and flexed. Drop the heel down on the right leg. Raise the right heel to neutral and then drop down. Repeat for opposite extremity. Do this with the knee extended and flexed as shown in photos.
- This exercise should be done to 'fatigue' but not create increased pain. Gradually add weight to a backpack in .5 lb increments every 4 days as your strength and pain endurance increases.
- It is *very important* to add weight slowly as it can make the difference between having success or failure.
- Do three sets of fifteen reps two times per day for twelve weeks
- It is very important to keep a daily log book including the number of repetitions, the amount of weight used and a pain score.

Visit us on the web at www.vailfoot.com