acacia
FOOT AND ANKLE SURGEONS

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Plantar Fasciitis Exercises

1. Achilles Tendon and Plantar Fascia Stretch

Loop a long towel around the ball of your foot while keeping your knee straight. Pull on the towel ends with your hands to move your foot passively towards your nose and hold for 30 seconds. You should feel the stretch and sometimes pain on the back of your calf muscles. Repeat these steps 3 times, twice a day.

2. Dynamic Stretching and Icing of Plantar Fascia

Freeze a bottle of water in the freezer. Leaving the frozen bottle on the floor, place the arch of your foot on top while sitting. Roll your foot over the bottle forward and backward, massaging and icing the plantar fascia from the heel to the forefoot. Repeat this motion as tolerated twice daily.

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