

# Plantar Fasciitis Home Treatment



## Plantar Fascia Stretching Exercise

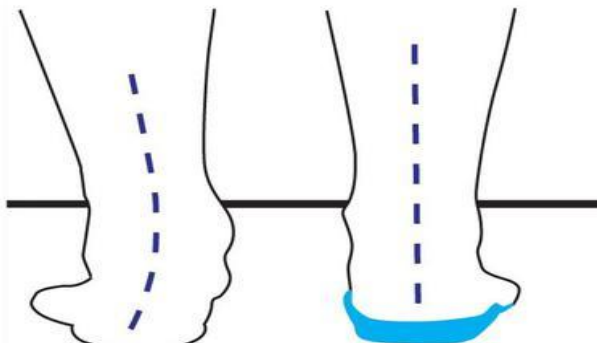
1. Cross your affected leg over your other leg.
2. Using the hand on your affected side, take hold of your affected foot and pull your toes back towards shin.  
This creates tension/stretch in the arch of the foot/plantar fascia.
3. Check for the appropriate stretch position by using your other thumb to feel the arch of your foot.  
The arch(plantar fascia) should feel firm, like a guitar string.
4. Hold the stretch for a count of 10.  
One set equals 10 repetitions.  
Perform at least 3 sets of stretches per day.  
You cannot perform the stretch too often.

## Instructions for Plantar Fasciitis

1. Use a tennis ball-Roll the ball under the arch of your foot. This can be done at work if you are sitting at a desk. It should feel like a massage but not painful. Do not stand on the ball. This may cause more injury.
2. Do the two stretches illustrated on this sheet.
3. Fill a 12 or 16 ounce pop bottle with water and freeze it with the cap off. Once frozen, replace the cap and roll the bottle under your foot. This should be performed daily for 10 minutes at least 2x/day. It is most effective if done in the evening before bed.

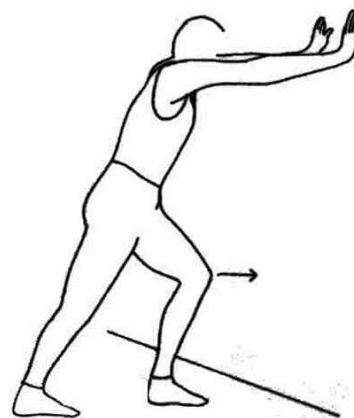
Other options if this protocol is not 50% effective within 2 weeks:

### **1) Custom Orthotics – to correct faulty foot posture.**



Hyper/over pronation      Normal/corrected foot posture with orthotics

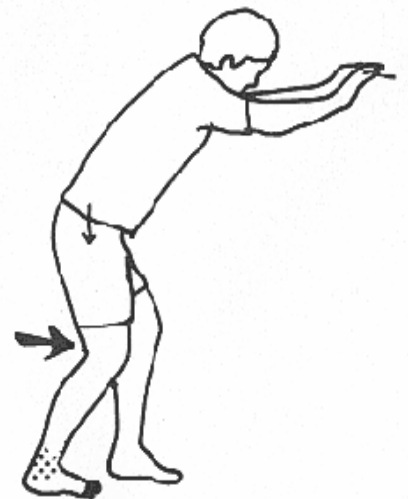
### **2) Night Splint - to prevent contracture of the plantar fascia while sleeping and allow the plantar fascia to heal at full length.**



## Calf Stretches

Using a wall for support, step back with your right foot as far as comfortable, keeping the right leg straight. From here, bend your left knee forward, creating a big stretch in your right calf. Hold for 15-20 seconds. Perform at least 3 times per day.

Bring your right foot closer to your left foot and bend the right knee as far as possible keeping your right heel in contact with the ground. This should stretch the lower calf near your ankle. Hold for 15-20 seconds. Perform at least 3 times per day.



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