

plantar fasciitis and calf/tendon stretches

Stretching is an important and useful treatment when struggling to manage your Plantar fasciitis and Achilles tendon pain. Below are various stretches used in the stretching of the fascia and calf muscle/achilles tendon.

Although the treatment of heel pain can be frustrating due to its indolent course, a patient with plantar fasciitis has a very good chance of complete resolution of symptoms.

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wall stretch

a



- Stand facing the wall and using it as a support, extend the leg backwards.
 - Place both hands on the wall for support.
 - Take a large step forward with your toes about 20 cm from the wall.
 - Stagger the feet one foot in front of the other making sure they do not turn out.
 - Shift your weight to the front leg and bend at the knee.
 - Lean forward into the wall and feel the stretch along the back of your leg.
- Hold this stretch for 40 seconds on each leg. Work up to 3 sets each leg.**
- Return to a neutral position and repeat on the other side.

40 secs
x3

b



- In this stretch you are working the Soleus.
 - Place your hands on the wall for balance.
 - Stagger the feet one foot in front of the other making sure they do not turn out.
 - Bend both knees, focusing on the back knee.
 - Move your weight forwards onto your toes: make sure you keep the heel down at the back.
- Hold this stretch for 40 seconds on each leg. Work up to 3 sets each leg.**

40 secs
x3

towel/band stretch



- Do this stretch first thing in the morning before getting out of bed.
 - Place a rolled towel/band under the ball of your foot, holding the towel at both ends.
 - Gently pull the towel toward you while keeping your knee straight.
- Hold this position for 30 seconds. Work up to 3 sets each leg.**

30 secs
x3



stair stretch



- This stretch is stretching the plantar fascia and the calves.
- Stand on a step or a book with your toes and front area of your foot.
- Heel should drop below level of your toes.
- Lower the heel until you feel a stretch.
- If you have no steps use a thick book or brick.

**30 secs
x3**

Hold and maintain this for 30 seconds and then let go. Work up to 3 sets each leg.



wall jam stretch



- Stand with your foot jammed up against a wall and your knee straight.
- Maintain this position and raise up on your back leg to increase the stretch if required.
- You may also lean your knee and upper body forward to initiate more stretch.
- This stretch is best with shoes on.

**30 secs
x3**

Hold the position for at least 30 seconds. Work up to 3 sets each foot.

toe stretch for bottom of foot



- Sit in a chair, and extend your affected leg so that your heel is on the floor.
- With your hand, reach down and pull your big toe up and back.
- Keep the foot in a fixed position.
- Pull toward your ankle and away from the floor.

**20-30
secs
x3**

Hold the position for at least 20 to 30 seconds. Work up to 3 sets each foot.

toe curl stretch



- For this stretch it is best to sit in a chair and focus on isolating the muscles under your foot.
- Place a small towel on the floor.
- Using involved foot, curl towel toward you, using only your toes.
- Relax.
- This exercise is best done first thing in the morning to warm up the foot structures.

**10x
1-2/day**

Repeat 10 times, 1-2 times per day.



If pain is experienced while performing any of the above stretches or exercises and it feels more aggravated, it is advised that you stop doing the routine immediately and let your foot rest for a short period.

It could be that you are doing the routine in an incorrect manner and discussing this with a podiatrist from the footinjuryclinic would be beneficial. Ignoring the pain and carrying on can do more harm than good.