

Stretches- Plantar Fascia

As part of your treatment plan, your Podiatrist has advised that you need to stretch to increase, flexibility and reduce muscle tightness.

Things to remember:

- Stretch twice a day
- Always stretch before and after physical activity.
- Hold your stretch for 20-30 seconds and remember to stretch left and right sides.
- Stretch left and right sides approximately 5 times
- Do NOT bounce when stretching

CAUTION: please only attempt the stretching exercises in this leaflet if you are fit and able to do them safely. Please check with your doctor or HCPC registered podiatrist if you are unsure or require further advice.

STRETCHES:

1. Plantar fascia stretch



- Standing in the bare foot lunge, position your hands against the wall.
- Gently press the ball of your foot furthest away from the wall into the ground.
- At the same time bend your knee downwards and forwards to encourage flexion of the ankle
- Increasing the bend at the knee and ankle will increase the stretch.

CALF MUSCLE STRETCHES

2. Wall lean



- Stand facing the wall with both feet together keep your arms straight, place both hands on the wall shoulder width apart.
- Keeping both legs straight move both feet further away from the wall, decrease the stretch move your feet closer to the wall.
- Always keep both heels on the ground.

4. Calf lean



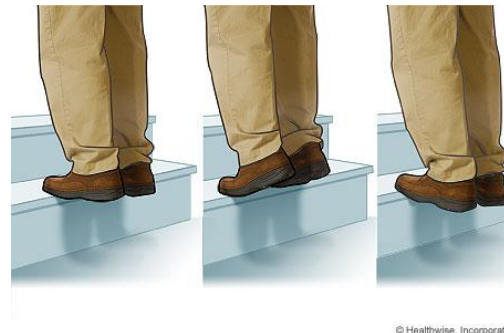
- Face a wall in a half lunge position with the right foot pointing towards the wall and the knee bent.
- Bend the back leg slightly with the foot also pointing towards the wall.
- Place your hands on the wall, bending your arms.
- You should feel the stretch in the back leg in the calf muscle.
- Keep both heels on the floor when stretching.

3. Deep Calf and Achilles-using a stool/chair



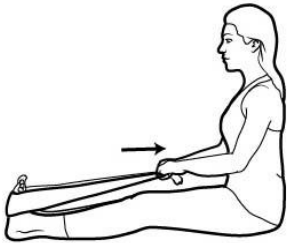
- Place a low stool/chair against a wall.
- Put the right foot in the centre of the stool and the left foot on the floor.
- Position yourself into the lunge position maintaining that your foot is flat on the seat.
- Place both hands on your hips.
- Lean your knee away from you in a forward direction over the toes
- Alternate between each leg.

5. Stair



- Stand on the bottom step of the stairs with your heels overhanging the edge.
- Use the rail for support
- Lower your heels until a stretch is felt in the calf.
- Hold the stretch for 20-30seconds then relax.
- Repeat the stretch 5 times

6. Long sitting stretch



- Sit on the floor with your legs stretched out in front of you.
- Loop a towel around the top of your affected foot.
- Pull the towel towards you until a stretch is felt across the bottom of your foot.
- Hold for 30seconds then relax- repeat 10 times.

7. Toe stretch



© Healthwise, Incorporated

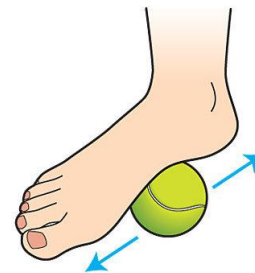
- Sit on the floor with your knee bent and foot flat on the floor.
- Pull the toes back on the injured foot until stretch across the arch is felt.
- Hold for 10 seconds then relax and repeat 10 times.
- If you have trouble getting down to your foot you can bend the toe back against the wall. This will also stretch the calf.
- Ensure to find something firm to hold on to and provide support.

8. Plantar fascia stretch and massage



- Rest your ankle on your opposite knee
- Grab your heel with the opposite hand and use your other hand to pull back at the toes until you feel a stretch within the arch.
- Use your thumb to apply firm massage along the length of the arch for up to 5 minutes.
- This may feel uncomfortable to start with so a little and often approach may be best.

9. Plantar fascia massage



- Roll the foot back and forth over a can or ball as in the diagram for 3-5minutes daily.
- Repeat 2-3 times per day.
- Freezing the can will enable cold therapy to be applied to help reduce inflammation but care should be taken not to overdo this. Five minutes of cold therapy a day is usually enough.

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro yw enw gweithredol
Bwrdd Iechyd Lleol Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board is the operational name of
Cardiff and Vale University Local Health Board



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board