To view video clips and further instruction of your prescribed exercise program, please visit www.OrthoIndy.com/PTVideos.

**Plantar Fasciitis Home Exercise Program**

### Plantar Fascia Stretch on Step

**Setup**
Begin standing with both feet on a step, with one heel resting off the edge with just your toes on the step.

**Movement**
Push your heel down until you feel a stretch in the arch of your foot.

**Tip**
Make sure to perform the movement in a slow and controlled manner.

#### Reps: 5  Sets: 1  Hold (sec): 30  Weekly: 5x  Daily: 3x

**Step 1**

**Step 2**

### Gastroc Stretch on Wall

**Setup**
Begin in a standing upright position in front of a wall.

**Movement**
Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

**Tip**
Make sure to keep your heels on the ground and back knee straight during the stretch.

#### Reps: 5  Sets: 1  Hold (sec): 30  Weekly: 5x  Daily: 3x

**Step 1**

**Step 2**

### Soleus Stretch on Wall

**Setup**
Begin in a standing upright position in front of a wall.

**Movement**
Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

**Tip**
Make sure to keep your heels on the ground and back knee bent during the stretch.

#### Reps: 5  Sets: 1  Hold (sec): 30  Weekly: 5x  Daily: 3x

**Step 1**

**Step 2**
Seated Plantar Fascia Stretch

**Setup**
Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

**Movement**
Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

**Tip**
Make sure to keep the stretch slow and controlled.

**Towel Scrunches**

**Setup**
Begin in a staggered standing or seated position with your forward foot resting on a flat towel, and the knee slightly bent.

**Movement**
Use your toes to scrunch up the towel.

**Tip**
Make sure to keep the rest of your foot in contact with the ground.

**Seated Plantar Fascia Mobilization with Small Ball**

**Setup**
Begin sitting in a chair with your foot resting on a small ball.

**Movement**
Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

**Tip**
Make sure to use just enough pressure that you feel a stretch but no pain.