

Plantar Fasciitis Exercises

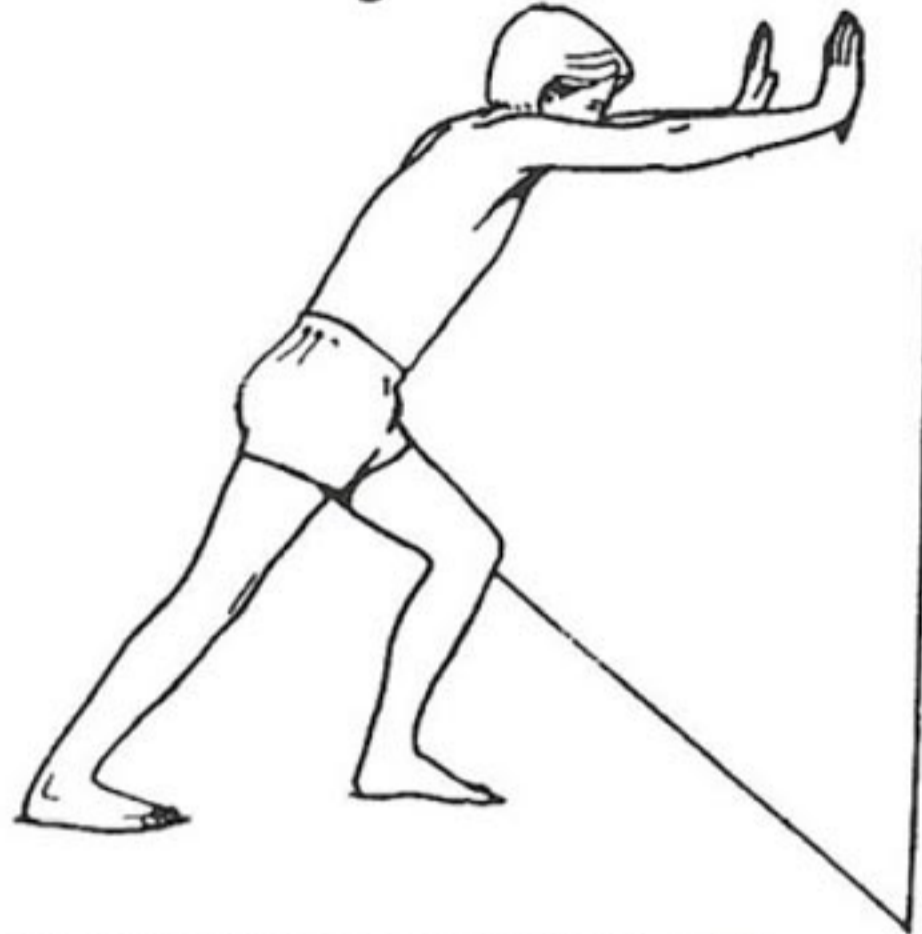
Pain from plantar fasciitis can be easily treated from home with a few simple easy to perform stretching exercises.

Stretching Exercise #1



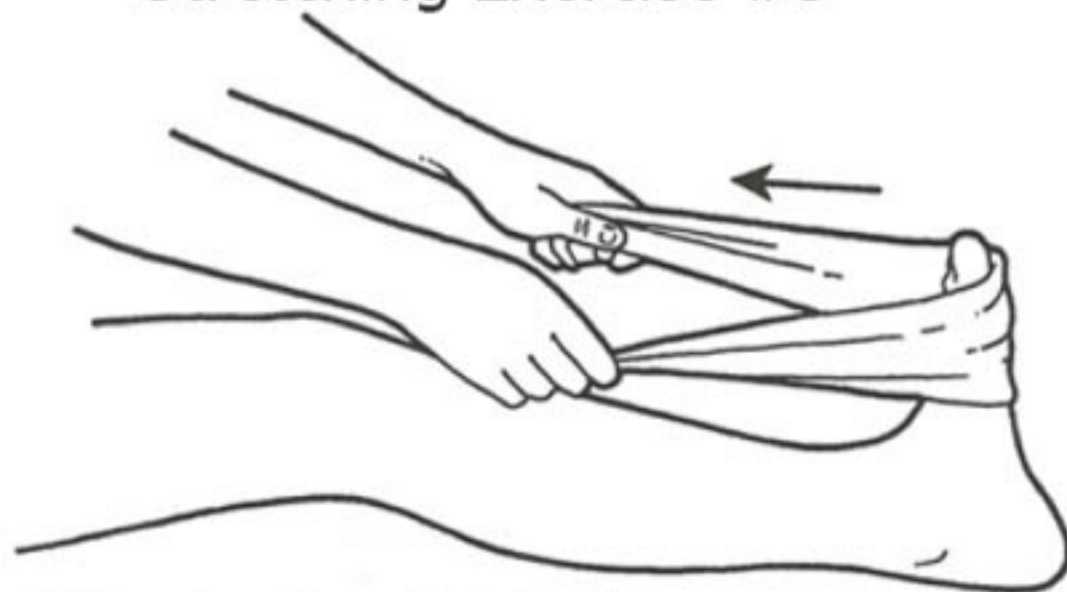
Standing with the ball of the foot on a stair, reach for the bottom step with the heel until a stretch is felt through the arch of the foot.

Stretching Exercise #2



Keeping the back leg straight, with the heel on the floor and turned slightly outward, lean into the wall until a stretch is felt in the calf.

Stretching Exercise #3



Sitting in a firm chair hold your leg straight out in front of you. Loop a towel or belt around the ball of the foot. hold one end of the towel in each hand. Without bending your knee, steadily pull the towel toward you to stretch your calf muscle for 10 seconds then relax.

Stretching Exercise #4



In the sitting position place The Heeler under the arch of the foot and roll The Heeler back and forth with moderate pressure.