

# Plantar Fasciopathy



## A guide for patients

**Only do the exercises you have been advised to do.**

Do not push through pain as you do these exercises. A little discomfort is normal. Stop if it is painful.

Do the exercises \_\_\_\_\_ times a day.

## Stretches

### Exercise 1:



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- Cross your affected leg over the other
- Place your hand around the base of your toes and bend your ankle up towards you
- Pull all of your toes back towards your shin until you feel a stretch in the arch of your foot
- Hold the stretch for 30 seconds and repeat 3 times
- Do this at least twice a day

### Exercise 2:



- Place both hands on a wall, with your affected leg behind the other leg. Toes facing forward
- With the rear knee bent, lean towards the wall allowing the calf to stretch
- Keep your heel on the ground
- Do not allow the arch of your foot to flatten as you stretch
- Hold for 30 seconds and repeat 3 times
- Do this at least twice a day

### Exercise 3:



- Repeat the above stretch with your back knee straight.
- Hold for 30 seconds and repeat 3 times
- Do this at least twice a day

#### Exercise 4:



- Roll your foot slowly back and forward over a round object i.e. frozen bottle of water or tin
- Repeat for a few minutes
- Do this at least twice a day

#### Other Useful Information:

<https://www.csp.org.uk/public-patient/rehabilitation-exercises/foot-pain>

#### Disclaimer

The content of this leaflet is provided for general information only. No representations or warranties are made (express or implied). If you have or suspect you have a health problem you should consult a qualified health professional.

