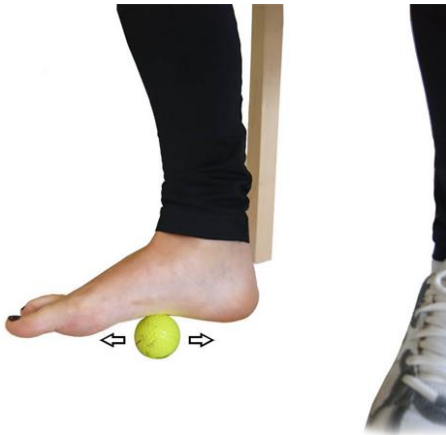


Exercise plan:
Plantar Fasciitis

Patient:
Mrs Julie Dass

Date:
27th Mar 2017



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Plantar fascia massage

Place a tennis ball, golf ball or squash ball underneath the sole of your foot. Roll the ball up and down along your foot. Pay particular attention to the skin under the arch of your foot. Do not rub the ball over the heel of your foot. This will help reduce tension in the plantar fascia, the tissue under the sole of your foot that causes heel pain.

Hold for 2 minutes | Repeat 3 times | Perform 1 times daily | Perform both sides



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Ice the plantar fascia

Place an ice pack or pack of frozen peas under your heel while sitting to reduce inflammation and pain. Make sure you wrap the ice in a thin towel so its not too cold. 10 mins on/ 10 mins off

Hold for 10 minutes | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/d8rlt6LPIBw>



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Heat to the plantar fascia

Place a heat pack wrapped in a thin towel, or hot water bottle with a cover on it, under your heel to help stimulate blood circulation. 10 mins on/ 10 mins off

Hold for 10 minutes | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/dwma2RBG07Q>



Spikey ball plantar fascia massage sitting

Sit down on a chair, and place a spikey ball under the sole of your foot. Roll the ball up and down your foot, between your heel and your toes. Do not massage the heel area, but keep to the soft plantar fascia on the sole of the foot.

Hold for 2 minutes | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/nQChHTS8Gso>

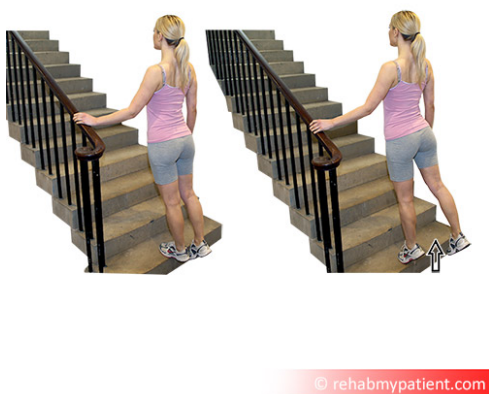


Plantar fascia strengthening

In sitting, lift your heels on to the balls of your feet or your toes. Press your heels against each other. You will feel a contraction in the soles of your feet, used as a strengthening exercise to the plantar fascia and intrinsic foot muscles.

Hold for 30 seconds | Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/nHZusrfZC7Y>



Calf raises one leg step

Stand on a step, hold onto a hand rail for balance if required. Slowly raise up onto your toes, and control the movement back down just below the level of the step. This exercise will strengthen the calf muscle and ankle joint, but at the bottom of the movement put a stretch through the calf as well. 30 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/Ovzq9hIKOSk>



Heel drop gastrocnemius stretch

Stand with you toes on the edge of a step or a box. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius).

Hold for 30 seconds | Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/8PQleXdrnXg>



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Heel drop soleus stretch

Stand with you toes on the edge of a step or a box, and knees bent slightly. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch in the back of your legs, in the lower calf (known as the soleus).

Hold for 30 seconds | Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/O2TlznUwbQw>



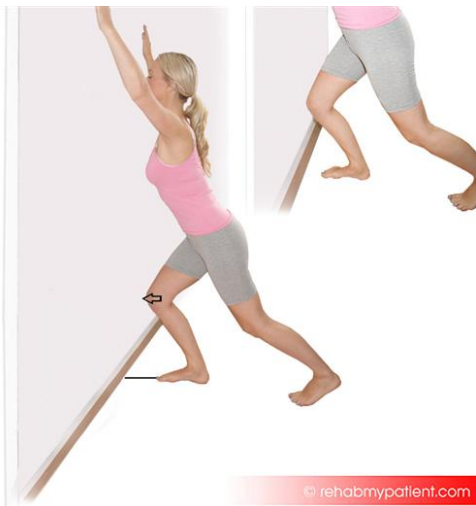
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Gastrocnemius stretch

Stand facing a wall, with your feet together and your hands flat against the wall. Both your feet should be facing forwards and your back heels resting on the ground and your knees straight. You should feel a stretch to the leg at the back, in the calf muscles (known as the gastrocnemius).

Hold for 30 seconds | Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/EFnLIHNBQQ>



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Soleus stretch

Stand facing a wall, place one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and your front knee bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (bottom of the calf muscle, known as the soleus).

Hold for 30 seconds | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/3FnsmjQ_lyk

P.S. Additional advice sheet

You will find the advice sheet attached in your email

[- Plantar Fasciitis.pdf](#)

Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stabletherapycentre@gmail.com. Good luck and keep with it!