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STRETCHES



Soleus Stretch



Standing with both knees bent, toes forward, and involved foot back, gently lean into wall until stretch is felt in lower calf. Hold for 30 seconds. Repeat 3 times, 3 times per day.



Gastroc Stretch



Keeping back leg straight, toes forward, and heel on floor, lean into wall until a stretch is felt in calf. Hold for 30 seconds. Repeat 3 times, 3 times per day.



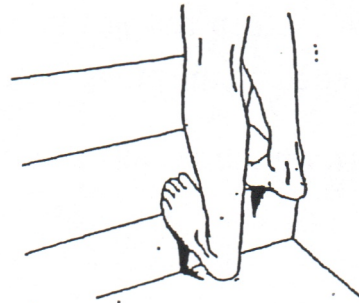
Intrinsic Muscle Stretch



Sitting with legs crossed and ankle up, pull toes up until a stretch is felt. Hold for 30 seconds. Repeat 3 times, 3 times per day.



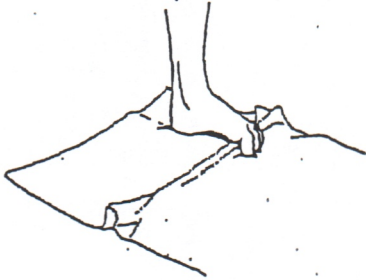
Plantar Fascia Stretch



Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot. Hold for 30 seconds. Repeat 3 times, 3 times per day.

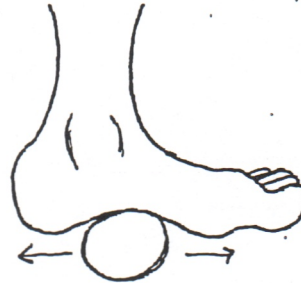
STRENGTHENING:

Single Leg Toe Curling



With foot resting on towel, slowly bunch towel up as you curl toes. Repeat 3-5 times, 2 times per day.

Tennis Ball Massage



While sitting in a chair, roll tennis ball under your foot to massage the painful area. Perform for 1 minute, 3 times per day.

Ice Bottle Massage

This application technique has the added benefit of gently massaging the tissue on the bottom of your foot. The ice bottle massage can provide a gentle stretch to your plantar fascia, which may help to improve overall mobility in your arch and foot.

While sitting down, slowly roll your foot over a frozen water bottle from the ball of the foot to the heel, then press gently into the bottle to massage your painful plantar fascia. Be sure to apply a good amount of pressure but not too much that you feel pain. Keep rolling the water bottle back and forth about 10 minutes, repeat if needed on the other foot. It should be a gentle and soothing exercise.

You can perform the ice bottle massage for 10-15 minutes several times a day.