

CENTEROCK PODIATRY ASSOCIATES, P.C.

DR. CHARLES J. WOLFF, F.A.C.F.A.S.

DR. TODD R. STEWART, F.A.C.F.A.S.

DR. KEITH E. BORTNIKER, F.A.C.F.A.S.

DR. MICHAEL J. HUCHITAL, A.A.C.F.A.S.

DR. KENNY LUONG, A.A.C.F.A.S.

PODIATRIC MEDICINE AND SURGERY

2 CROSFIELD AVENUE SUITE 302

WEST NYACK, NY 10994

TELEPHONE (845) 358-2844 FAX (845) 358-0528

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.