

Plantar Fascia Pain Exercise Sheet

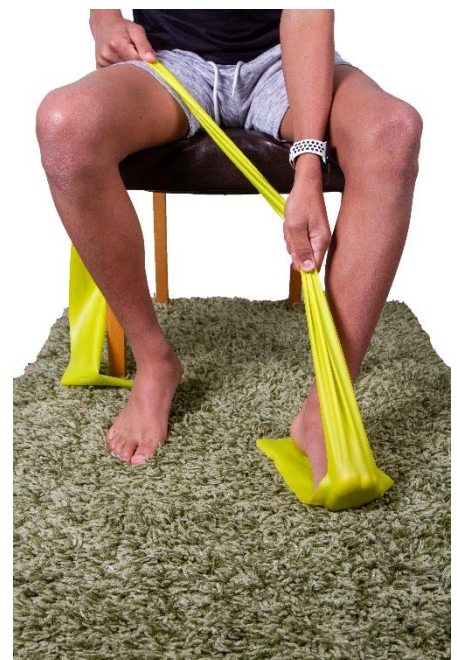
- 1) Roll foot on spiky ball while sitting down.
Backwards and forwards and in a circle.
- 2) Seated Toe Yoga. Lift big toe/ little toes alternately. Put ball between ankle bones to prevent feet rolling out.



Also lift spread and place down.



- 3) Place a light resistance band under the foot in dorsiflexion. Push down and allow the toes to come up slowly. 20 to 30 reps or until you feel a cramp. Keep the big toe on the floor.



4) Stand on one foot and raise heel. Hold for 30 seconds.



Progression 1: to raise and lower slowly.

Progression 2: Use a rolled towel to raise the toes. This puts more tension on the plantar fascia and replicates the load on the PF in running mode.

For people with big feet: Use of cricket bat – toes raised on the handle.



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