

Foot Exercises: Plantar Fasciitis STAGE 1



1 Seated Plantar Fascia Stretch

2 Straight Knee Calf Stretch

3 Standing Two-Legged Calf Raise

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Seated Plantar Fascia Stretch



Sitting down with your affected foot crossed over the knee of your unaffected leg.

Pull your toes and ankle up with your hands to stretch the bottom of your foot and toes. If this causes any pain that is too much, reduce how far you are stretching your foot.

Aim to hold for up to 30 seconds.

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1 Seated Plantar Fascia Stretch

2 Straight Knee Calf Stretch

3 Standing Two-Legged Calf Raise

2

Straight Knee Calf Stretch



Stand with your legs in a staggered stance and both hands on a wall, with your target leg behind you. Aim to keep your foot facing forwards, and heel flat on the floor.

Hold for between 10 and 30 seconds.

You can make this harder by taking your back leg further away from the wall to increase the stretch – but make sure you do not lose the foot and heel position required.

3

Standing Two-Legged Calf raise



Standing with balance support from a chair, table, wall or worktop.

Raise up onto your tiptoes on both feet, keeping the weight even across the inside and outside of your feet.

Hold for 2 seconds, and lower down.

Aim to repeat between 10 and 15 times.

To make this easier – stand further away from the surface you have your hands on to make yourself less upright.

To make this harder – perform over the edge of a step or stair to increase the range of movement.