

Foot Exercises: Plantar Fasciitis STAGE 2



1 Standing Plantar Fascia Stretch

2 Single Leg Calf Raise

3 Tip Toe Walking

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 Standing Plantar Fascia Stretch



Standing.

Keeping your heel on the floor, place the ball of your foot and toes onto a wall with your knee straight. Lean your weight over your foot to stretch your calf and the bottom of your foot. If this is too difficult or painful – reduce how high up the wall your toes & foot are.

Aim to hold for up to 30 seconds.

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1 Standing Plantar Fascia Stretch

2 Single Leg Calf Raise

3 Tip Toe Walking

2 Single Leg Calf Raise



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

Raise up onto the ball of your foot, keeping the weight spread across the inside & outside of your foot. Hold for 2 seconds, and lower back down.

Aim to repeat between 10 and 15 times in one go.
To make this easier – stand further away from the surface you have your hands on to make yourself less vertical, with less load through your feet and ankles.
To make this harder – you can perform over the edge of a step or stair to increase the range of movement you can work through.

3 Tip Toe Walking



Standing on tiptoes on both feet, aim to walk on the balls of your feet to exercise the muscles of your calves and feet. Try to keep the weight evenly spread across the inside and outside of the ball of your feet.

Perform to 30-60 seconds at a time.