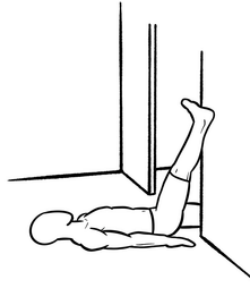


Plantar Fasciitis Recovery Exercises

The following exercises have been specifically selected to assist with your recovery and help minimize future problems. Exercises should be performed slowly and within a relatively comfortable range. Maintain good posture and breathe naturally.

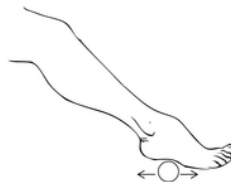
Hamstring Doorway Stretch



Perform 1 set of 3 contract/relax cycles, 2 times per day

Lie flat on your back with your leg elevated and positioned in a doorway. "Scoot" toward the doorframe until your hamstring is taut. Contract your hamstring by attempting to push your heel into the doorframe for seven seconds. Relax and gently slide your buttocks toward the doorframe while keeping your knees straight to increase the stretch. Repeat three contract/relax cycles on each side, twice per day or as directed.

Plantar Fascia - Golf Ball



Perform 1 set of 1 minute, 2 times per day

While sitting, roll your foot forward and backward over a golf ball on the floor. Use moderate pressure and "ease up" if you feel pain. You may substitute a frozen water bottle or other round object for a golf ball. Perform this exercise for one minute twice per day or as directed.

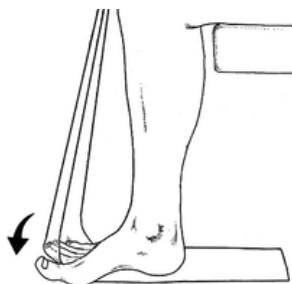
Plantar Fascia Stretch



Perform 1 set of 1 rep, 30 times per day

Sit in a figure-4 position and pull your big toe back for 10 seconds. You may apply a firm massage pressure, moving from toe to heel as you stretch. Perform as directed.

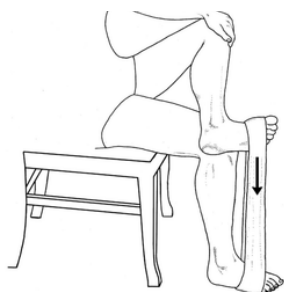
Resisted Flexor Digitorum Brevis



Perform 3 sets of 10 reps, 1 time per day

Begin seated and place one end of an exercise band flat on the floor beneath your foot and heel. Grasp the free end of the band and pull upward (toward your knee) to create tension on your toes and forefoot. Against the resistance of the band, force your toes downward then relax and return to the start position. Perform as directed.

Resisted Posterior Tibialis Strengthening



Perform 3 sets of 10 reps, 1 time per day

Sit with your involved leg crossed over your uninvolved leg. Loop a piece of resistance tubing over your forefoot and secure it beneath your foot on the floor. Stabilize your lower leg with one hand. Against the resistance of the elastic, roll your involved foot upward, as though you are attempting to look at the bottom of your foot. Slowly return to the start position. Perform as directed.

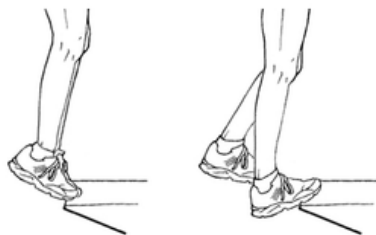
Veie's



Perform 3 sets of 20 reps, 2 times per day

Begin standing near a wall for stability. Stand with your feet shoulder width apart. Keeping your body straight, bend at the ankles to shift your weight forward onto your toes until your heels are about to lift off the floor. Return to the start position. Perform as directed.

Eccentric Achilles Strengthening



Perform 6 sets of 15 reps, 2 times per day

Begin standing up on your toes with the affected foot on the edge of a step. Do not place weight on your good leg, but you may use it for stability. Slowly lower your affected heel, at a count of 4 seconds, until you reach a fully stretched position and can drop no further. Use your good leg to return to your toes. Perform as directed. Moderate pain during this exercise is acceptable but if pain is excessive, you should assist downward motion with the non-injured leg.