

Plantar Fasciitis

Plantar Fasciitis is a common heel pain caused by inflammation of the plantar fascia, often due to overuse, improper footwear, or biomechanical issues. Pain is usually worst in the morning or after resting.

Key Rehabilitation Points:

- **Rest** from activities that aggravate symptoms.
- **Stretching and strengthening** exercises are essential.
- **Gradual return to activity**, starting with low-impact exercises.

Exercise Principles:

1. **Stretching:** Focus on stretching the plantar fascia and calves.
2. **Strengthening:** Strengthen foot and lower leg muscles to support the arch.
3. **Progressive Loading:** Gradually increase activity intensity as pain improves.
4. **Footwear:** Use proper footwear and consider orthotics for better support

Exercises are most effective when guided by a qualified professional, such as a physiotherapist, athletic therapist, or strength and conditioning coach. If you have any concerns, it's always a good idea to consult with an expert.

Exercises

1. Ankle Plantarflexion + Dorsiflexion AROM

Sets: 3 | Reps: 10

Preparation:

- Sit on a bed with your leg straight out in front

Execution:

- Point your toes, bending your ankle as far as you can
- Bring your toes towards your nose, bending your ankle as far as you can



Point Toes



Lift Toes

2. Foot Scrunching (Towel)

Sets: 3 | Reps: 8-15 | Frequency: daily

Preparation:

- Sit with foot on towel

Execution:

- Scrunch the towel with your toes



Sit with foot on towel



Scrunch the towel with your toes

Rolling and Stretching

Gentle stretching and rolling with a ball or roller.

1. Plantar Fascia Release (Tennis Ball)

Hold: 2-5 min | **Frequency:** Daily

Preparation:

- Place a tennis ball under your foot

Execution:

- Using firm pressure, roll the tennis ball back and forth
- When you find a sore spot, concentrate on that area



Place a tennis ball under your foot



Using firm pressure, roll the tennis ball



2. Toe Extension Stretch (Band)

Preparation:

- Wrap toes in band as shown
- Pull band to tension toes

Execution:

- Pull band upwards to stretch toes and bottom of foot



Wrap toes in band



Pull, stretch toes and bottom of foot

3. Gastrocs Stretch (Wall)

Hold: 30-90 sec | **Frequency:** Daily

Preparation:

- Stand in front of a wall with one leg forward and one leg back

Execution:

- Keeping your back leg straight and heel on ground, lean forward bending your front knee



Eyes and head forward, hands relaxed on wall, belly button pulled in



Bend elbows to move closer to the wall to stretch the back leg, keep front knee behind toes

4. Soleus Stretch (Wall)

Hold: 30-90 sec | Frequency: Daily

Preparation:

- Stand in front of a wall with one leg forward and one leg back as shown

Execution:

- With the back leg bent, sit back onto your back foot, keeping your heel on the ground



Drop back knee toward ground

5. Wear Shoes Indoors

- Wear shoes to help protect and support your feet



Avoid going barefoot when possible