

Plantar Fasciitis – Daily Stretching Program

These stretches are designed to reduce heel pain, improve flexibility, and promote healing of the plantar fascia. Perform them daily as instructed.

1. Plantar Fascia Stretch (Seated)

Sit down and cross the affected foot over the opposite knee. Using your hand, pull the toes back toward your shin until you feel a stretch along the bottom of your foot. Hold for 20–30 seconds.

Repeat 3 times, 2–3 times per day.

2. Calf Stretch – Wall Stretch

Stand facing a wall. Place the affected foot behind you with the heel flat on the ground. Lean forward, bending the front knee, until you feel a stretch in the calf of the back leg.

Hold for 20–30 seconds. Repeat 3 times, 2–3 times per day.

3. Achilles Stretch – Bent Knee

Stand facing a wall with both knees slightly bent. Keep the heels flat on the ground and lean forward until you feel a stretch lower in the calf and Achilles tendon.

Hold for 20–30 seconds. Repeat 3 times, 2–3 times per day.

4. Towel Stretch (Morning Stretch)

Before getting out of bed, loop a towel or belt around the ball of your foot. Gently pull the foot toward you while keeping the knee straight.

Hold for 20–30 seconds. Repeat 3 times before standing.

5. Rolling Massage Stretch

Roll the bottom of your foot over a frozen water bottle, tennis ball, or massage ball. Apply gentle pressure.

Roll for 1–2 minutes, once or twice daily.

HELPFUL – DO THIS	AVOID
<ul style="list-style-type: none">• Stretch daily, especially in the morning• Wear supportive shoes• Use orthotics or inserts if prescribed• Ice the heel after activity	<ul style="list-style-type: none">• Walking barefoot• Unsupportive shoes or flip-flops• High-impact activity during pain flare-ups• Sudden increases in activity

If pain persists despite stretching, please contact our office for further evaluation.

Office Phone: _____ After-Hours/Emergency: _____