

Family Foot and Leg Center's

Plantar Fasciitis/Achilles Tendonitis Stretching Exercises

Routine stretching is very important to healing plantar fasciitis. Most of those affected by plantar fasciitis have decreased flexibility and tight Achilles tendons.

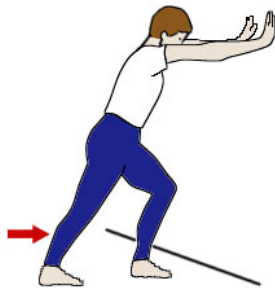
Towel Stretch

Sit on the floor with your legs stretched out in front of you. Loop a towel around the top of the injured foot. Slowly pull the towel towards you keeping your upper body straight. Hold for 15 to 30 seconds then relax. Repeat 10 times.



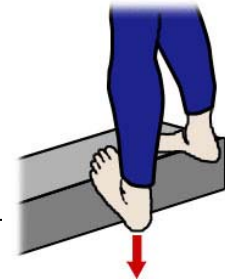
Calf/Achilles Stretch

Stand facing a wall. Place your hands on the wall at chest height. Move the injured heel back keeping the foot flat on the floor. Move the other leg forward and slowly lean toward the wall until you feel a stretch through the calf. Hold and repeat.



Stair Stretch

Stand on a step on the balls of your feet, holding the rail or wall for balance. Slowly lower the heel of the injured foot to stretch the arch of your foot.

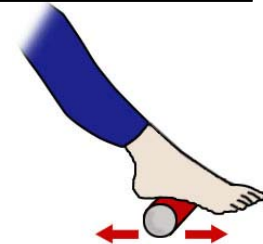


Toe Stretch

Sit on the floor with your knees bent. Pull the toes back on the injured foot until a stretch across the arch is felt. Hold and repeat.

Frozen can roll

Roll your bare injured foot back and forth from the tip of the toes to the heel over a frozen juice can. This is a good exercise after activity because it not only stretches the plantar fascia but also provides cold therapy to the injured area.



Please visit our website, www.NaplesPodiatrist.com, for additional stretching products. Click on the link "Visit our Medical Products Store" on the lower left side of the screen. This will open a new window. In the search field enter "40024" for a both feet or "40025" for a single foot.