

3 Sets / 5 Reps



1. Plantar fascia stretch

Start in a seated position with your legs extended.

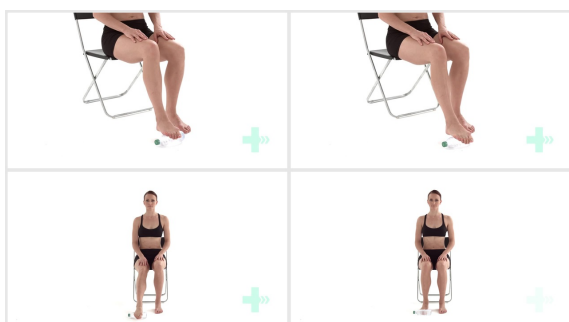
Reach down and grab your toes.

Pull back on the toes, the big toe especially until you feel a stretch in the arch of the foot.

Alternatively, if you are not so flexible, take your leg and cross it over your knee.

Grab onto your toes, pulling the big toe back towards you, feeling the stretch in the arch of the foot.

3 Sets / 5 Reps / 20 sec duration



2. Plantar fascia stretch with a water bottle

Take a hard plastic bottle.

Place the bottle on the floor under the sole of your foot.

Slightly press your foot against the bottle and roll it forwards and backwards.

2 Sets / 5 Reps / 20 s hold



3. Toe extension stretch against wall

Place the toes of you affected leg up against a wall.

Keeping your heel in contact with the floor and your knee bent, push your knee forwards towards the wall.

Hold this position, relax and repeat.

You will feel the stretch through the lower calf and sole of your foot.

3 Sets / 5 Reps / 10 s hold



4. Plantar fascia stretch sitting

Sit up straight in a chair.

Place the ankle of your affected leg over the knee of your other leg.

Grasp the toes of your affected foot and pull your foot and toes up towards you.

You should feel a stretch in the sole of your foot.

Hold this position.