

Plantar Fascia Stretching Exercise*

Fig.1 Cross the affected leg over the contralateral leg.

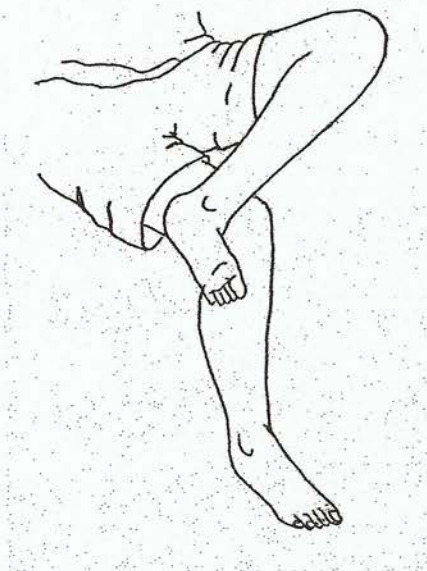


Fig.2 Place the fingers over the base of the toes and pull back until you feel a stretch in the arch or plantar fascia.

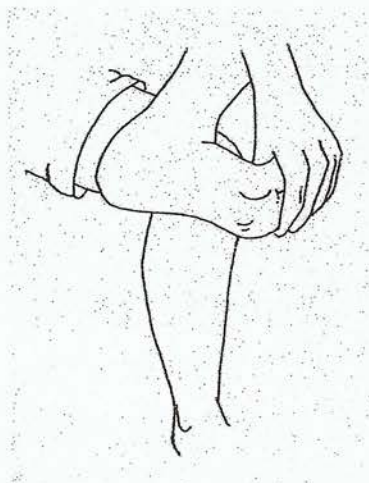
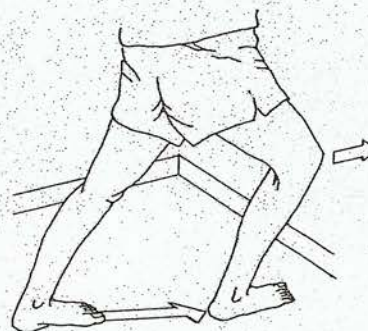


Fig.3 Confirm the stretch is correct by feeling for tension in the plantar fascia with your thumb.



Fig.4 Achilles tendon stretching: place the shoe insert under the affected foot, position this foot behind the other with the toes pointing towards the heel of the front foot and lean into the wall. Then bend the front knee while keeping the back knee straight and the heel firmly on the floor.



*DiGiovanni BF, Nawoczinski DA, Lintal ME, Moore EA, Murray JC, Wilding GE, Baumhauer JF
Tissue-specific plantar fascia-stretching exercise enhances outcomes in patients with chronic heel pain.
Journal of Bone and Joint Surgery Am 2003;85(7);1270-1277.