



## Plantar Fasciitis stretches

The pain and discomfort of plantar fasciitis make it very difficult to walk correctly, and swelling may occur in the ligaments of the foot.

You may experience a stabbing pain, swelling and tender areas in the heel to the ball of the foot. The problem will be worse as you get out of bed, and take your first step of the day, and may make it difficult to walk normally for a short period, or might also be a problem later in the day. Periods of inactivity or sudden exercise will also produce the same pain. Pain is often worse after exercise but may ease off during exercise.

### So, what stretches can we do to ease the pain?

The ideal stretch to ease your plantar fasciitis is the **basic calf stretch**:

- Face a wall and place your hands on it at about shoulder height.
- Stretch one leg behind you, heel to the ground. Find a position that gives you a nice stretch in the calf of the back leg. You might need to lower your hands a bit or change your distance from the wall.
- Hold for 30-60 seconds.
- Then pull your back leg forward a bit, bend your knee, and sink your weight onto that leg. This should move the stretch from your upper calf to down around your Achilles' tendon. Again, hold for at least 30-60 seconds.
- Repeat the whole process with the other leg.
- And then run through the whole routine again on each leg. Do it a third time if you're feeling really motivated.
- Repeat three times a day.





The trick here is consistency and duration. If it seems like it's not working, keep practising as it does take time to stretch tight ligaments. Give it at least a few weeks to start working.

### **You can also try these 3 stretches ...**

Basically, any stretch that warms and/or loosens your muscles can help. Experiment with these and see what works best for you.

#### **1. Stretch the bottoms of your feet.**

Kneel on the ground and tuck your toes, so the bottoms are pressed against the floor. Settle your weight back onto your heels.

Depending on how flexible your feet are, this will cause some pain that can range from intense to excruciating, but it's really good for your feet if you can manage a few moments every day.





**2. Use a foam roller or tennis ball to release tight muscles.** Sit on the ground, place a foam roller or tennis ball under your foot and/or calf, and roll it around with your leg. If it hurts, you've hit a tight spot—keep it at that location for as long as you can stand it. If the ball is too intense, then a plastic bottle filled with cold water or ice can be used instead to help roll out the foot.



**3. Calf raises.** Start with between 5-15 repetitions on a flat surface. As your strength improves, move onto to calf raises from a step. Here, the area can be stretched further in between each lift.

