



Plantar Fascia Stretch



- Sit on the floor with the knee bent and the heel on the floor
- Pull up on your toes to stretch the arch of the foot
- Hold for between 10 and 30 seconds

Muscles Stretched - Plantar Fascia, Flexor Digitorum Longus, Flexor Hallucis Longus



Placing a tennis ball on the ground and gently rolling it under foot for a few minutes can help loosen up your plantar fascia, making it much less likely to become irritated. Put enough pressure on the ball to get a deep massage. You may feel some soreness, but back off if you feel any pain.



Towel pickup

Sit down with a towel on the floor in front of you. Keeping your heel on the ground, pick up the towel by scrunching it between your toes. Repeat 10–20 times. As you improve, add a small weight such as a tin of beans to the towel.