

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 firmly until you feel a stretch in the arch of the foot or plantar fascia.



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



Hold each stretch for a count of ten and repeat ten times. Perform the exercise three times per day, the first stretch to be done before taking the first step in the morning. The exercise programme must continue for at least eight weeks.

It is recommended to wear full-length soft insoles and take a three-week course of a non-steroidal anti-inflammatory medication at the same time, only after consulting your doctor.

*DiGiovanni BF, Nawoczenski 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.