

Plantar Fasciitis - Advanced Stretching Program

Notes :

The Plantar Fascia can become painful due to excess loading. Shortening of the fascia, calves or hamstrings can increase this loading. These stretches help with recovery of plantar fasciitis and help prevent further episodes from occurring.

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1 Stretching plantar fascia



Sets: 1 Reps: 5 Freq: 1-2x/day Hold: 5-15 sec

Sit with your injured foot placed across your other knee. Pull your toes up and massage the arch of your foot.

2 Stretching plantar fascia



Sets: 1 Reps: 5 Freq: 1-2x/day Hold: 5-15 sec

Stand in front of a wall. Extend your toes against the wall and try to bring your knee towards the wall until you feel a gentle stretch under the foot. Maintain the position and relax.

3 Calf stretch (soleus)



Sets: 1 Reps: 5 Freq: 1-2x/day Hold: 5-15 sec

Stand facing a wall or object and place your foot up against the wall. With your knee bent, lean forward until you feel a stretch in the calf and hold the position.

4 Calf stretch (gastrocnemius)



Sets: 1 Reps: 5 Freq: 1-2x/day Hold: 5-15 sec

Stand facing a wall or object and place your foot up against the wall. Keeping a straight knee, lean forward until you feel a stretch in the calf and hold the position.

5 Passive toes extension



Sets: 1 Reps: 5 Freq: 1-2x/day Hold: 5-15 sec

Kneel and bend the toes up so that the bottom surface is resting on the floor. Lean back to sit on your heels until you feel a stretch on the ball of the foot. Maintain the position.

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6 Hamstrings stretch



Sets: 1 Reps: 5 Freq: 1-2x/day Hold: 5-15 sec







Sit on a firm surface with one leg bent in front.
Arch your lower back and slowly straighten your leg until you feel a stretch behind your leg.
You can lean forward without bending at the back (no round back) to increase the stretch.
Maintain the position and relax.

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