

## Plantar Fasciitis - Myofascial Release Exercises

### Notes :

The Plantar Fascia can become painful due to excess loading. Releasing tension of the plantar fascia and calf may help reduce this pain.

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### 1 Foam roll plantar fascia



#### Sets: 1 Freq: as tolerated

Sit on a chair with a foam roll under the arch of your foot. Roll your foot forward and backwards, stopping before the toes and before the heel.  
To progress, perform in standing.

### 2 Foam rolling calf (one leg)



#### Sets: 1 Freq: as tolerated

Place a foam roller on the floor and sit on the floor supporting yourself with your hands. Place your calf over the foam roller. Roll the entire back of your calf from your knee to your ankle in an up and down motion. Maintain your abs tight and proper low back posture during the exercise.

### 3 Massage stick: Calf



#### Sets: 1 Freq: as tolerated

The Massage Stick is used to release muscle tension and trigger points. Try to keep the muscle in a relaxed position when using it. If you find a sore spot or trigger point, stay on that spot for a few more seconds until the muscle is less sore or tense. There is no need to use excessive force when using the massage stick. Excessive use can cause muscle soreness. If you find that you are sore the next day then you may need to decrease the force you are using with the massage stick.

### 4 Plantar fascia release w/ ball



#### Sets: 1 Freq: as tolerated

Stand up and step on a hard ball with the foot. Move the ball under your foot to find tender spots. Once you are on a tender spot, hold the position while applying pressure. You can hold the position as recommended to release the trigger point. Next, move to another tender area.

### 5 Foot rolling: front to back



#### Sets: 1 Reps: 20

Stand next to a chair, wall, or stable object for balance. Step over a ball with one foot. Roll the ball under your foot front-to-back to release the plantar fascia.

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### 6 Press and twist (inner arch)



#### Sets: 1 Reps: 5 Hold: 5 - 10 seconds

Stand next to a chair, wall, or stable object for balance.  
Step over a ball with one foot-the ball should be on the inside of your arch at the highest point of your instep.  
Put weight on the ball, so the ball tacks onto your skin, and then pivot your foot out to stretch your arch.  
Reset the ball and repeat.

### 7 Self myofascial of the foot



#### Sets: 1 Freq: as tolerated








Place the ball of your foot on the ball-at about 6-10 inches in front of you-while balancing on your opposite foot.  
Inhale as you press your foot into the ball, rolling from your medial arch (inner arch) to the front of your heel.  
Apply as much pressure as you can, so much that you feel a pain-soothing sensation.  
The ball should be placed under the inner edge of the arch of the foot on each side.

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