

**Notes:****1- Stretching plantar fascia** - Sets:2 / Repetition:10 / Frequency:2-3 times per day / Hold:20 seconds

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:2 / Repetition:10 / Frequency:2 times per day / Duration:20 seconds

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- Foam roll plantar fascia** - Sets:1 / Repetition:30 / Frequency:1-2 times per day

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.

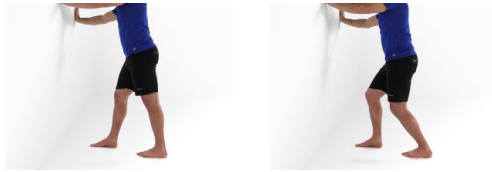
**4- Plantar fascia release** - Sets:1 / Repetition:30 / Frequency:1-2 times per day

Sit on a straight back chair with one foot on a tennis ball, the other foot flat on the floor and your back in a neutral position (slightly arched). Roll a frozen ball under the arch of your foot from heel to toes.

**5- Standing calf stretching** - Sets:1 / Repetition:3 / Hold:20-30 seconds

Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf. Maintain the stretch and relax.

**6- Standing soleus stretching** - Sets:1 / Repetition:3 / Hold:20-30 seconds



Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other and slowly bend the knees while keeping the heels on the floor until you feel a stretch in the calf of the back leg. Maintain the stretch and relax.

**7- Toe curl with towel** - Sets:1 / Repetition:10



Sit on a chair with the affected foot resting on a flat towel. Slowly bunch up the towel by curling the toes. Replace the towel and repeat.

**8- Foot supination weight bearing** - Sets:2 / Hold:10



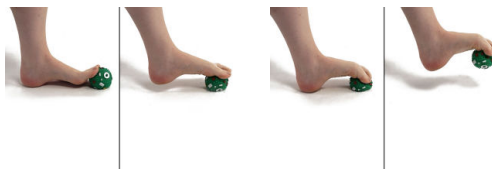
Stand, lift your big toe off the ground and then lift the inside of the foot to increase the medial arch of your foot. Maintain the position and relax. Increase the difficulty by standing on one foot.

**9- Strengthening ant. tibialis** - Sets:2 / Hold:10



Stand, lift the inside of the foot off the ground and then lift the forefoot as high as you can, keeping your weight on your heel. Lower the foot and repeat.

**10- Curl around spiky ball + lift (short flexors)** - Sets:1 / Repetition:10



Curl the toes around a spiky ball and then lift the ball off the floor by "gripping" it with your curled toes. Make sure you extend the toes at the start of the movement and curl them as far as possible as you roll them over the ball.

**11- Flexor hallucis longus** - Sets:2 / Repetition:10



Wrap an elastic band underneath the big toe and hold each ends in the hands.  
Let the band pull the big toe up, then push down with the big toe.  
Repeat.

**12- Flexor digitorum longus** - Sets:2 / Repetition:10



Wrap an elastic band underneath the toes except the big toe and hold each ends in the hands.  
Let the band pull the toes up, then push down with the toes.  
Repeat.