



Plantar Fascia /Gastrocs

Sitting with one leg extended out in front, place towel under ball of foot. Gently pull foot back towards shin.

Sets:	1
Reps:	3x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

With very painful feet this may be the better calf stretch to start using rather than the standing calf stretch. Progress to the standing calf stretch as tolerated.



Gastrocs - Step

Standing tall with ball of foot on edge of stair or block. Drop heel over edge to feel stretch in the calf.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Use a Solid Step with a hand hold and not a step stool as pictured above.



Plantar Fascia Stretch

(Picture 1) The tops of the toes are gently bent upward with the hand while the ankle is doriflexed (bent up toward the head) to stretch the plantar fascia.

(Picture 2) The toes are pressed into the floor to stretch the plantar fascia.

Sets:	1-3
Reps:	3x
Weight:	
Hold:	30 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Deep Friction Massage

A hard ball (generally a golf ball but lacrosse balls work better) is placed between the ground and the bottom of the foot over the painful site. It is rolled around the painful area with 75% of tolerable pressure to mobilize deep tissue and break loose adhesions. 2 minutes maximum.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
2x/day	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:

Follow this session with either of the two icing procedures instructed but not both.



Plantar Fascia - Bottle

Place bottle under arch of foot.
Roll foot back and forth over bottle.
(a cold bottle out of the fridge works best!)

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:

It is best to use a 20 oz. soda bottle with the outside wrapper removed. Fill the bottle 3/4 of the way full and freeze upright in the freezer without its top on. Once frozen place the top on the frozen bottle and use as described above. If a full bottle is placed in the freezer it will overflow.



Ice Massage to Plantar Fascia

1. Freeze a small dixie cup full of water until frozen completely.
2. Tear a small amount of the paper cup from around the top.
3. Massage with the ice over the painful area in a slow circular motion and with as much force as can be tolerated without discomfort for 3-5 minutes.

Sets:	1-3
Reps:	3x
Weight:	
Hold:	30 sec
Rest:	
2x/day	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes: