



**ADVANTAGE
ORTHOPAEDICS**

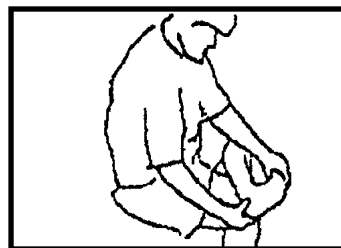
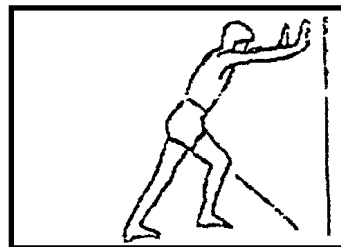
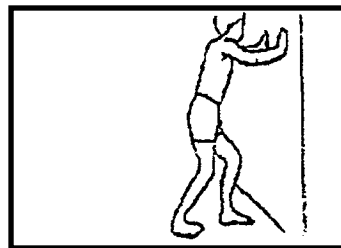
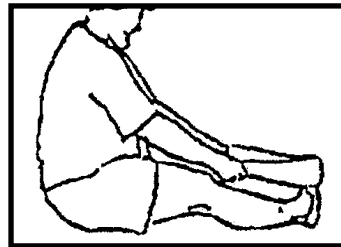
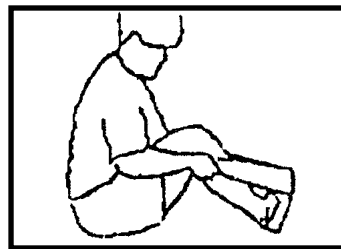
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PLANTAR FASCIA STRETCHING

Things to remember:

Stretching is an important part of the treatment for plantar fasciitis and must be done daily until symptom-free for at least three months

If you have any questions about these stretches that are listed here, please call your physical therapist.



SOLEUS TOWEL STRETCH

Place a towel around the ball of your foot, with the knee bent. Pull the towel toward you until a stretch is felt in the calf.

Hold for 30 seconds.

Repeat 6 times.

Do 2-3 times per day.

GASTOCNEMIUS TOWEL STRETCH

Place a towel around the ball of your foot, with the knee straight. Pull the towel toward you until a stretch is felt in the calf.

Hold for 30 seconds.

Repeat 6 times.

Do 2-3 times per day.

STANDING SOLEUS STRETCH

Keep heel on floor and turned out slightly, bend the knee until a stretch is felt in the calf.

Hold for 30 seconds.

Repeat 6 times.

Do 2-3 times per day.

STANDING GASTOCNEMIUS STRETCH

Keep heel on floor and turned out slightly, keep the knee straight and lean into the wall until a stretch is felt in the calf.

Hold for 30 seconds.

Repeat 6 times.

Do 2-3 times per day.

PLANTAR FASCIA STRETCH

Rest ankle on the opposite knee. Grasp the toes and pull them gently backwards, until a stretch is felt in the arch of the foot.

Hold for 30 seconds.

Repeat 6 times.

Do 2-3 times per day.

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