

Plantar Fasciitis

Home Exercise Sheet

General plan Do these gently, 1–2x/day unless instructed otherwise. Stretch both sides.
Stop and call the office if pain is sharp/worsening, numbness occurs, or symptoms persist.

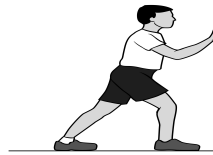
1 Gastroc wall stretch

Hold 30 sec • repeat 3x

- ✓ Back knee straight, heel down, toes forward/slightly in.
- ✓ Lean hips toward wall until calf/heel stretch is felt.

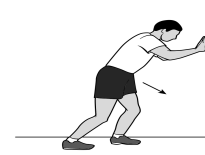
Exercise pictures

Gastroc stretch



AAOS

Soleus stretch



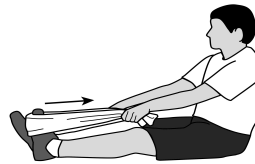
AAOS

2 Soleus wall stretch

Hold 30 sec • repeat 3x

- ✓ Same position, but bend the back knee while heel stays down.
- ✓ Keep hips centered and avoid bouncing.

Towel stretch



AAOS

Eccentric raises



NHS

3 Plantar fascia towel stretch

Hold 30 sec • repeat 3x

- ✓ Sit and loop towel around the ball of the foot.
- ✓ Pull toes toward you; keep knee straight or slightly bent.

Ice water bottle roll



Sporty Doctor

4 Eccentric calf raises

2 sets of 10 • slower

- ✓ Rise up on both feet; shift weight to the affected side.
- ✓ Lower heel slowly for 3–5 seconds. Use support for balance.

Daily support

- ✓ Wear supportive shoes; avoid barefoot walking.
- ✓ Use arch support/heel cushion if recommended.
- ✓ Reduce long standing, hills, speed work, or impact if flared.
- ✓ Resume activity gradually as morning heel pain improves.

5 Ice water bottle roll

5–10 min • after activity

- ✓ Freeze a small water bottle; roll under arch/heel while seated.
- ✓ Use a sock/towel barrier if too cold; keep pressure comfortable.

1. AAOS OrthoInfo Foot and Ankle Conditioning Program: <https://orthoinfo.aaos.org/en/recovery/foot-and-ankle-conditioning-program/>

2. ACFAS Heel Pain guidance: <https://www.acfas.org/who-we-are/about-acfas/health-information-fact-sheets/heel-pain>

3. South Tees NHS eccentric calf image: <https://www.southtees.nhs.uk/resources/eccentric-calf-exercises/>

4. Ice bottle image: <https://sportydoctor.com/exercises/frozen-water-bottle-rolls/>