

# Plantar Fasciitis: Exercises

## Introduction

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Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

## How to do the exercises

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### Calf stretch (seated, knee straight)

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1. Sit on the floor with your affected leg straight and resting on the floor.
2. Place a towel around your affected foot.
3. Hold one end of the towel in each hand.
4. Pull back gently with the towel so that you feel a stretch in your calf.
5. Hold the position for 15 to 30 seconds.
6. Repeat 2 to 4 times.
7. It's a good idea to repeat these steps with your other leg.

## Calf stretch (back knee straight)

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1. Stand facing a wall with your hands on the wall. You can also do this with your hands on the back of a chair, a counter, or a tree.
2. Put one leg about a step behind your other leg, with your toes pointing forward.
3. Keeping your back leg straight and your back heel on the floor, bend your front knee and gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times for each leg.

## Calf stretch on a step

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1. Stand on the bottom step of a staircase, facing up toward the stairs. Put the balls of your feet on the step. Hold on to the handrail or wall.

2. Slowly let your heels down over the edge of the step as you relax your calf muscles. You should feel a gentle stretch up the back of your leg to your knee.
3. Hold the stretch about 15 to 30 seconds, and then tighten your calf muscle a little to bring your heel back up to the level of the step.
4. Repeat 2 to 4 times.

## Towel scrunch

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1. Sit in a chair, and place your affected foot on a towel on a hard floor (not a floor with carpet).
2. Scrunch the towel toward you with your toes. Then use your toes to push the towel back into place.
3. Repeat 8 to 12 times.
4. It's a good idea to repeat these steps with your other foot.

Make this exercise more challenging by placing a weighted object, such as a soup can, on the other end of the towel.

## Marble pickups

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1. Put some marbles, dice, or small smooth rocks on the floor next to a cup.
2. Sit in a chair, and use the toes of your affected foot to lift up one item from the floor. Then try to put the item in the cup.
3. Repeat 8 to 12 times.
4. It's a good idea to repeat these steps with your other foot.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

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