

Plantar Fasciitis Exercises

Plantar Fascia (Fold and hold)



Cross effected leg over opposite knee. Gently pull toes downward to compress the bottom of the foot.
Hold position for 60 seconds. Repeat 2 times per day.

Plantar Fascia Stretch



Cross effected leg over opposite knee. Gently pull toes backward to place a stretch on the bottom of the foot. Apply deep pressure along bottom surface of the foot to assist with the stretch.
Perform for 60 seconds, and 2 x per day.



Attempt to grasp a towel or marbles with the toes. Gently roll the bottom of the foot over a frozen water bottle.

