

PLANTAR AB

Created by Dr. Aaron Ford Feb 7th, 2024

View at www.my-exercise-code.com using code: YN9R4X2



Plantar Fascia Stretch

Standing with the ball of your foot and toes against a door jam, lean the involved leg toward the jam while stabilizing yourself with your hand against the jam. Hold for a ten count.

Repeat 3 Times
Complete 3 Sets

Hold 10 Seconds
Perform 3 Times a Day



STANDING CALF STRETCH

Start by standing in front of a wall or other sturdy object. Step forward with one foot with your toes on both feet pointed straight forward. Keep the back knee bent slightly.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend and a gentle stretch is felt in the calf. **THE FRONT HEEL SHOULD BE PLANTED ON THE GROUND.**

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 3 Times
Complete 3 Sets

Hold 10 Seconds
Perform 3 Times a Day



Plantar Fascia Frozen Bottle Roll

Use a frozen water bottle (plastic, no glass). In sitting or standing roll the bottom of your foot with moderate pressure. Use as much pressure as you can tolerate without discomfort. Spend 3-5 minutes, 3x per day.