

# Plantar Fasciitis Rehabilitation Exercises



Prone hip extension



Side-lying leg lift



Frozen can roll



Towel stretch



Standing calf stretch



Seated plantar fascia stretch



Plantar fascia massage



Achilles stretch



Hermes Healthcare  
1900 N. Amidon Suite 210  
Wichita, Kansas  
(316) 260-4110

# Plantar Fasciitis

Caused by inflammation of the plantar fascia ligament that extends from the heel bone to the toes.



Most common cause of heel pain. Typical symptom is burning, stabbing, or aching pain in the bottom of the foot that is often worse in the am.

Risk factors include abnormal gait, advanced age, arthritis, flat feet, high intensity exercise, high arches, obesity, poor footwear, and pregnancy.

Responds well to conservative treatments such as:

1. Maintain a healthy weight to reduce stress on feet.
2. Wear supportive shoes with a low to moderate heel and good arch support. Don't go barefoot.
3. Icing the area for 15-20 minutes 3-4x daily or try putting a frozen can or water bottle on the ground and rolling it around with your foot
4. Rest from high intensity workouts. Low intensity workouts and stretches can be beneficial.