

PLANTAR FASCIITIS

TOE STRETCHES



DESCRIPTION:

Place affected foot with toes on the wall. Keeping your heel on the ground lean towards the wall until a stretch is felt in the bottom of your foot.

HOLD FOR 20 SECONDS

REPEAT 3 TIMES

PERFORM 2-3 TIMES DAILY

TOWEL SCRUNCHES



DESCRIPTION:

With affected foot on towel, slowly bunch up the towel by curling your toes.

PERFORM 3 SETS OF 10 REPETITIONS

PERFORM 1-2 TIMES DAILY

