

Plantar Fasciitis can be difficult to treat and your compliance with this home care is essential for full recovery.

1. **STRETCHING:** Perform the circled stretches on this page often; the more the better. Understand though that stretching when you are not warmed up will only allow you to maintain flexibility. To truly lengthen tight muscles your legs should be thoroughly warmed up.

2. Until you fully recover, minimize your time spent barefoot, particularly on hard surfaces such as hardwood floors. Have supportive slip-on shoes available to wear around the house.

3. Icing can be helpful in the acute stages of plantar fasciitis. Try rolling a frozen juice can or water bottle under the arch of the foot while seated. I usually suggest waiting until the end of the day to do this, when you won't be doing much more walking afterwards.

4. As you improve, you can progress to rolling a golf ball under the arch of foot, pausing and pressing more firmly into tender spots.

Hamstring Stretch (Standing)

This is one of the best hamstring stretches I have found. Start by standing up straight and arch your back. Then, keeping your back as straight as possible, bend your knees enough to allow you to reach down and grab your toes. Slowly try to straighten the knees just to where you feel a good stretch through the back of the legs. Hold. *It is important to only attempt this stretch after warming up.*



Calf Stretch

There are five major muscles comprising the calf. To best isolate the tightest one(s), do one foot at a time. Wearing shoes, stand with the ball of the foot over the edge of a stair step. Use gravity but also push with your arms to really accentuate the stretch through the back of the calf. Try turning slightly to the side as shown to better find the tightest areas.



Calf-Hamstring Combo Stretch

This is a good stretch for the entire back of the leg and calf. Stand with both balls of feet on the edge of a stair step. Bend one knee to isolate the opposite side more. Keeping the back straight, bend forward and rest the hands on the next step up. Hold for 10-60 seconds and then repeat on the other side.



"Downward Dog"



Downward Dog is a yoga pose that stretches both the hamstrings and calves. Assume the "inverted V" position as pictured. Focus on pushing with your arms and straightening the legs as far as they will go until you feel a comfortable stretch in the hamstrings (which might not be completely straight.) Also work towards trying to get the heels to touch the ground (again, you might not be able to.) Keep the neck and head relaxed.