

SPORTS ORTHOPEDICS INSTITUTE

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Foot Exercises

1. Achilles tendon and plantar fascia stretch

Loop a towel around the ball of your foot and pull your toes towards your body, keeping your knee straight. Hold for 20 seconds. Repeat 3 times on each foot.



2. Plantar fascia stretch

Sit down and rest the arch of your foot on a round object (e.g. Roller pin or a Bottle). Roll the arch in all directions for a few minutes.



3. Towel pickup

Sit down with a towel on the floor in front of you. Keeping your heel on the ground, pick up the towel by scrunching it between your toes. Repeat 10–20 times. As you improve, add a small weight such as a water bottle wrapped in the towel.



4. Sitting plantar fascia stretch

Sit down and cross one foot over your other knee. Grab the base of your toes and pull them back towards your body until you feel a comfortable stretch. Hold for 20 seconds. Repeat 3 times.



5. Wall push

Facing a wall, put both hands on the wall at shoulder height and place one foot in front of the other. The front foot should be approximately 30 cm (12 inches) from the wall. With the front knee bent and the back knee straight, bend the front knee towards the wall until the calf in your back leg feels tight. Hold for 20 seconds. Relax and repeat 10 times.

