

Plantar Fasciitis Pain - Supportive Care & Stretching

Plantar fasciitis is one of the most common causes of heel pain. It happens when the plantar fascia—a thick band of tissue that runs along the bottom of your foot from your heel to your toes—becomes irritated or inflamed.

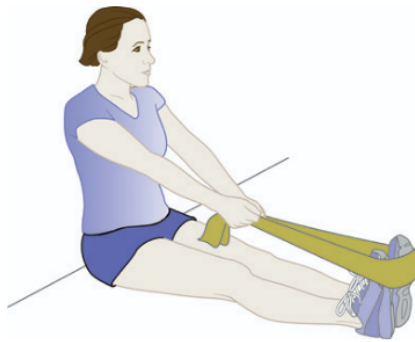
- **Footwear:** Wear shoes with good arch support and cushioning. Avoid barefoot walking on hard surfaces.
- **Activity modification:** Avoid high-impact activities like running during recovery. Try low-impact exercises such as swimming or biking instead.
- **Ice:** Apply ice to the heel for 15–20 minutes after activity or when sore.
- **Pain relief:** Over-the-counter options like ibuprofen or naproxen can reduce pain and inflammation.
- **Stretching & exercises:** Targeted stretches and strengthening exercises (see next pages) help reduce strain and improve foot mechanics.

On the next pages, you'll find simple stretches designed to reduce stiffness, improve mobility, and support your plantar pain recovery.

Recovery can take a few weeks to a few months depending on how irritated the tissue is and how consistently treatment is followed. Most patients feel gradual improvement within 6–8 weeks. Take your time, breathe through each stretch, and focus on gentle, controlled movement.

Start with the ones that feel easiest, and gradually work your way through the full routine 1–2 times daily.

Towel Stretch



- Sit with your leg straight out in front of you.
- Loop a towel or belt around the ball of your foot.
- Gently pull the towel toward you, keeping your knee straight, until you feel a stretch in your calf.
- Hold for 30 seconds.
- Repeat 3 times per leg, 2-3 times a day.

Plantar Fascia Stretch



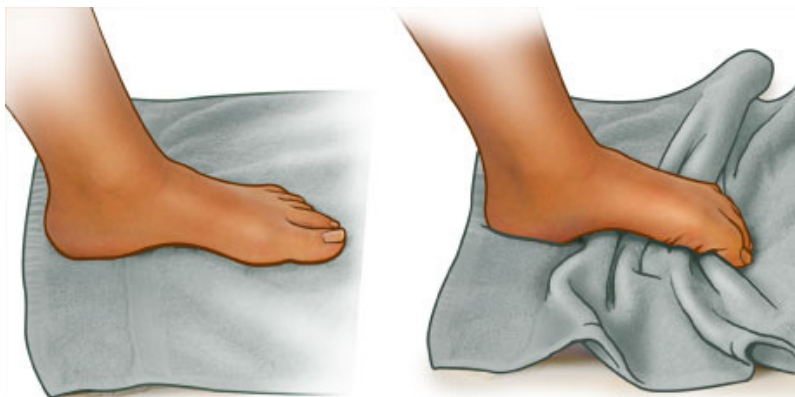
- Sit and cross one foot over your opposite knee.
- Using your hand, pull your toes back toward your shin until you feel a stretch in the arch of your foot.
- Hold for 30 seconds.
- Repeat 3 times per foot, ideally before getting out of bed and throughout the day.

Calf Wall Stretch



- Stand facing a wall with both hands on the wall.
- Step one foot back, keeping that heel flat and knee straight.
- Bend your front knee and lean forward until you feel a stretch in the back calf.
- Hold for 30 seconds, then switch sides.
- Repeat 3 times per leg, 2–3 times a day.

Towel Curls



- Sit with your foot flat on a towel on the floor.
- Using your toes, scrunch the towel toward you.
- You can add light resistance by placing a small object on the end of the towel.
- Do 2–3 sets of 10 reps per foot, once daily.