

5 Exercises to Manage Foot Pain

Your pain should ease within 2 weeks and you should recover over approximately a 4–6 week period.



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 15–20 seconds. Repeat 3 times.



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 tin of beans to the towel.



Plantar fascia stretch

Sit down and rest the arch of your foot on a round object (e.g. a tin of beans). Roll the arch in all directions for a few minutes. Repeat this exercise at least twice daily.



Wall push

a) 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. Relax and repeat 10 times.



b) Repeat a) but bring the back foot forward a little so that the back knee is slightly bent. Repeat the 10 times.



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 30 seconds. Repeat 3 times on each foot.