

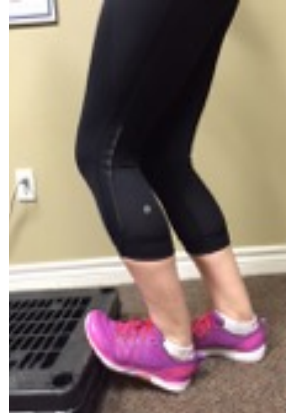


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STRETCHES AND OTHER TIPS FOR PLANTAR FASCIITIS

1. Perform the calf stretches in the photos below, holding for 30-60 seconds on each leg at least 1-3 times per day. Hold these positions without bouncing. First stretch the calf while keeping your leg straight; then bend your knee slightly to stretch the lower calf and Achilles tendon.



2. You can also stretch your calf and the bottom of your foot using a band, yoga strap, or even a belt or scarf. Place the band around the ball of your foot/base of toes and pull toward your body until you feel a gentle stretch in the bottom of your foot and calf muscle. Hold for 30-60 seconds and repeat on the other side. Do this 1-3 times per day.



3. Rest. Use pain as your guide. Initially, avoid prolonged walking, running, or jumping. Convert high-impact exercise to lower-impact activities like swimming.
4. Ice can help decrease pain and inflammation. Apply ice 3 times daily to the affected area, massaging the area with the ice for about 10 minutes per session. (An easy way to do this is to fill a paper cup with water and freeze it. Once frozen, peel back the leading edge of the cup to leave a border of exposed ice. Use that to massage your heel).
**Avoid using ice if you have circulation or sensation problems.*
5. Modify your activities. (Decrease the time that you stand, walk, or engage in exercise that puts a heavy load on your feet. Convert impact exercise to non-impact exercise such as swimming.)
6. Use a night splint while you sleep. It keeps your Achilles tendon stretched while you sleep by holding your foot at 90 degrees to your leg.