

# Plantar Fasciitis Relief

Created by Repke Fitness, LLC



Total 6



## SEATED CALF STRETCH - SOLEUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Your knee should be slightly bent the entire time.

Repeat 3 Times

Hold 30 Seconds

Perform 2 Time(s) a Day



## SEATED CALF STRETCH - GASTROC

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Knee is locked and straight the entire time.

Repeat 3 Times

Hold 30 Seconds

Perform 2 Time(s) a Day



## TOWEL CURLS

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

Once you have gripped the towel, hold that position for 3 seconds and then slowly return to the starting position.

Repeat 20 Times

Hold 3 Seconds

Perform 2 Time(s) a Day



### GREAT TOE EXTENSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, bend your big toe back with your fingers until a stretch is felt in your toe and or bottom of your foot.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day



### Eccentric Calf Raises

Standing on both legs, raise up on your toes. When you have reached the end of your available range, shift weight onto one leg and SLOWLY lower back down on single leg. About a 3 second count on the way down. Use a stable counter, chair, or wall for balance assistance.

Remember to push through your big toe and do not let ankles roll out.

Start with 3 sets of 10 and then begin to increase the repetitions as the exercises becomes easier.

Repeat 10 Times  
Perform 2 Time(s) a Day



### BALL STM - ARCH OF FOOT

While seated, place a small ball under your foot and press into it while rolling it around.

Slowly roll the ball back and forth along the arch of your foot.

This can also be done with a frozen water bottle or any other object you're able to roll under your foot.

Repeat 3 Times  
Hold 1 Minute  
Perform 2 Time(s) a Day