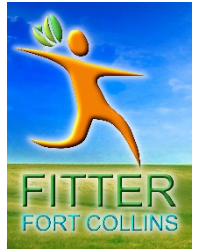


FITTER FORT COLLINS YOUR HEALTH MATTERS



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Plantar Fasciitis Treatment Exercises

1. Seated Towel Stretch With Towel
2. Hip Hovers
3. Frozen Water Bottle Rolls
4. Wall Calf Stretch
5. Sideways Leg Lifts
6. Reach And Stretch
7. Crossover Fascia Stretch
8. Ballet Raises
9. Step-Up Arch Extensions
10. Monkey Foot Towel Lift

Fortunately, there are many steps you can take to help heal your body, including this list of home remedies. For example, you might try self-massage techniques, supportive shoe inserts, or a night splint. Simply pointing and flexing the foot 15 x before getting out of bed or sitting for long periods of time or, before getting out of your car helps to warm up the tissues before putting full body weight on the foot. You might also look into buying a pair of PF socks—there are many options and recommendations online. You can also read more about the symptoms and causes of plantar fasciitis and bone spurs online.

There are many effective options for reducing heel pain. Effective modalities like physical therapy, Rossiter Stretching, dry needling, acupuncture, are effective for this. Now let's explore the common exercises and stretches that treat plantar fasciitis quickly and naturally.

Plantar Fasciitis Exercises

1. Seated Towel Stretch With Towel

This seated towel stretch helps lengthen the muscles along the bottom of your foot and the plantar fascia. Strengthening your feet and keeping them flexible is essential to reducing PF pain. This move should feel especially nice after a long day on your feet.



As you might already know, tight calves also contribute to plantar fasciitis pain. In particular, a tight achilles tendon, which connects your calf to your foot, can be a cause of pain. The 'Hold the Reins' stretch is one of many on the list that targets your calf muscles as well as those in your feet.

To do this stretch, sit down on a mat or the floor and make sure you have a bath towel handy. Alternatively, you can use an exercise band, but make sure not to pull it too taut.

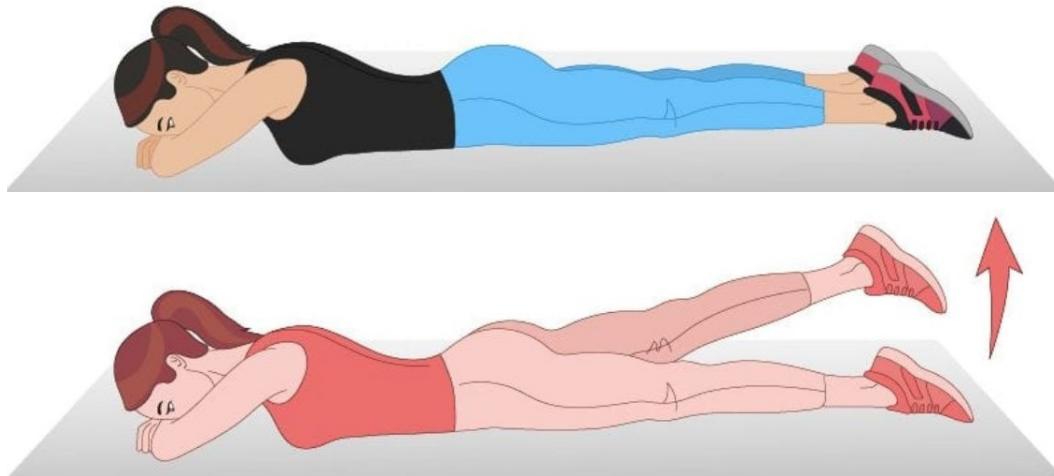
1. Sit on the floor with your injured leg stretched in front of you
2. Loop the towel or band around your injured foot
3. Grab hold of the towel or band with both hands, like you're holding onto a horse's reins, and gently pull your foot towards you, keeping your knee straight
4. Hold the stretch for 15-30 seconds
5. Relax and then repeat 3 times

Muscles worked:

- Posterior Tibial
- Tibialis Anterior
- Achilles Tendon
- Plantar Fascia
- Intrinsic Muscles

2. Hip Hovers

As the name suggests, hip hovers target the muscles in your hips and pelvis. Building strength in this area is crucial to preventing PF pain.



What does foot pain have to do with your hips? Well, if you have a weak gluteus medius, the muscle along the side of the pelvis, your body begins to tilt inward. This places excess pressure on your inner foot, a.k.a. your arch. Excess weight on the arches can cause them to fall. It can also damage the plantar fascia. So, work to prevent that from happening!

You can perform this move on the floor or an exercise mat. Make sure to keep your upper body relaxed to isolate the movement.

1. Rest flat on your stomach with your legs outstretched behind you
2. Stack your arms under you in a makeshift pillow and rest your head on your arms
3. Tighten your abs like you are wearing a corset. Pull the drawstring on your corset.
4. On your injured side, tighten your buttocks and thigh muscles

5. Hover this leg about 8 inches off the floor
6. Hold for 5 seconds
7. Lower your leg and relax
8. Do 2 sets of 15, and repeat on the other side if both feet are bothering you

Muscles worked:

- Gluteus Medius
- Gluteus Maximus
- Semitendinosus
- Semimembranosus

3. Frozen Water Bottle Rolls

Ice is an excellent tool in the fight against plantar fasciitis. It reduces pain and inflammation, and it can feel very refreshing on a hot summer day. The Juice Roll move is a dual-action one because it uses both ice and massage!



Massaging the plantar fascia can provide relief by stimulating blood flow to the area. Like stretching, it helps relax the muscles.

To do this cool move, you'll need a frozen juice can or a frozen water bottle.

If it's too cold for you to bear, you can wear socks to put a layer between you and the ice. If it's still too much, try 2 tennis balls in a crew sock with a knot tied at the end to massage and stretch the bottom of your foot.

1. Sit down or hold on to a sturdy item for support
2. Place your bare foot on the juice can (cold, but effective!)
3. Roll your foot back and forth

Muscles worked:

- Plantar Fascia
- Intrinsic Muscles

4. Wall Calf Stretch

You already know that tight calves contribute to foot pain. But did you know that one of the top causes of calf tightness is sitting? Think about how much time you spend sitting each day. At the office, in the car, watching Netflix, eating dinner. Calf stretching exercises are great for plantar fasciitis pain.



Building strength and flexibility in your calves can reduce foot pain over time.

Find a wall to make the most of this deep calf muscle stretch.

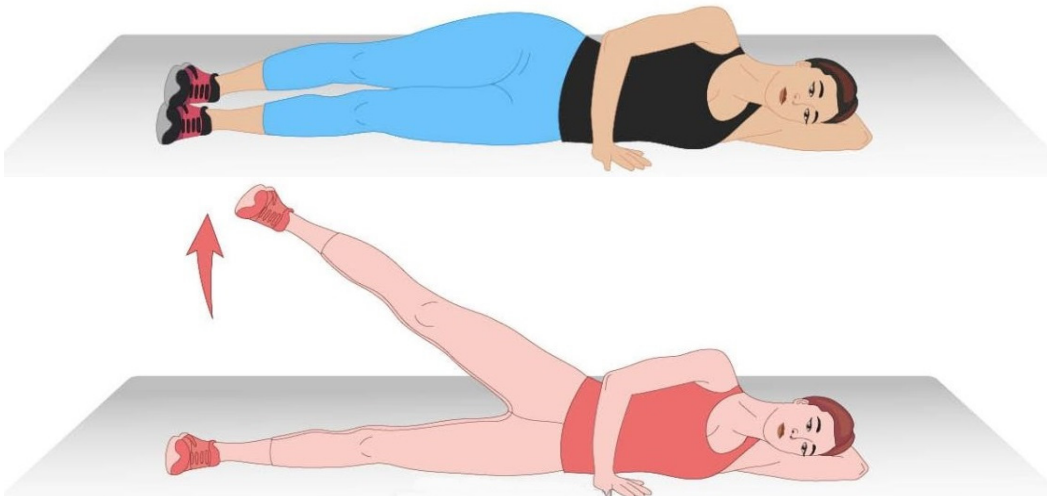
1. Stand and face a wall
2. Place your palms on the wall at eye level
3. Keep your injured leg back and keep your heel on the ground
4. Move your other leg forward and bend your knee
5. Rotate your back foot slightly inward
6. Slowly lean towards the wall until you feel a stretch in your calf muscles
7. Your back leg should be mostly straight
8. Hold the stretch for 15-30 seconds
9. Return to the starting position and repeat 3 times

Muscles worked:

- Achilles Tendon
- Medial Gastrocnemius
- Plantaris Muscle

5. Sideways Leg Lifts

In the human body, everything is connected. It makes sense then that your hips and legs can contribute to pain in your feet. Strengthening your hip flexors and thigh muscles can improve your posture and the way you distribute weight to your feet.



This move targets the muscles in your leg. It builds strength and also provides a long, lean stretch.

Perform the Sideways Scissors on the floor or a mat.

1. Rest on your side and relax your head down on your lower arm
2. Straighten your legs and stack them on top of each other
3. Clench your front thigh muscles on your upper leg
4. Lift your upper leg 8 inches away from the other leg
5. Keep this leg straight as you slowly lower it
6. Do 2 sets of 15

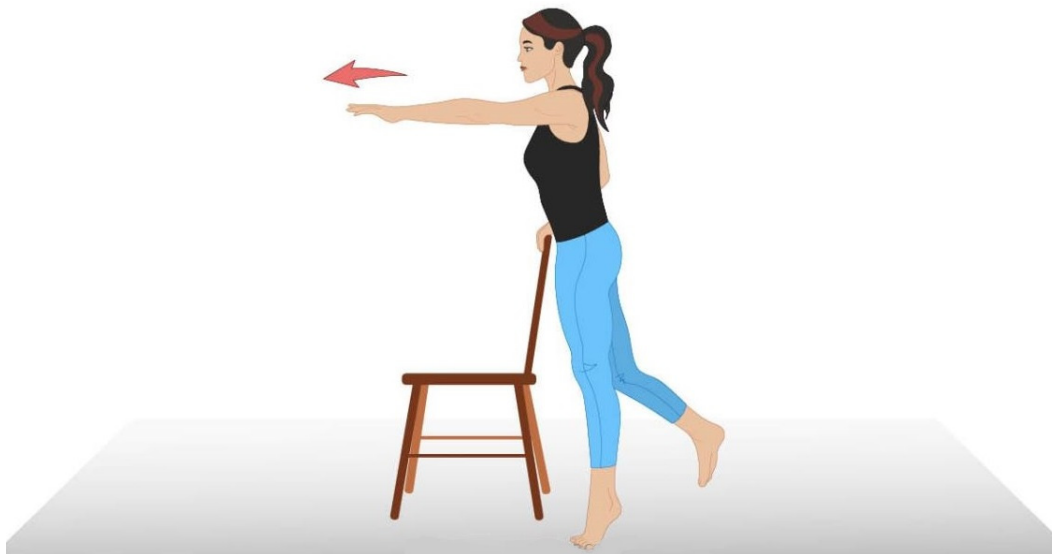
Muscles worked:

- Gluteus Medius
- Gluteus Maximus
- Iliacus
- Psoas major
- Adductor Magnus
- Semitendinosus
- Semimembranosus

6. Reach And Stretch

The tiptoe reach and stretch is another of the all-important calf-strengthening moves. This one targets those lower leg muscles while also testing your balance. Avoid going barefoot on hard surfaces when doing this exercise.

Raising up on one foot at a time isolates the movement and allows for a deeper stretch. Being up on your tiptoes will also provide a nice stretch in the plantar fascia.



You can do this move either barefoot or in athletic shoes. If the stretch in the foot is too much while barefoot, try it again while wearing a pair of supportive shoes. Either way, you'll need to use a sturdy chair.

1. Stand next to the chair with your injured leg farther from the chair
2. Stand on your injured foot and bend this knee slightly
3. Raise the arch of your foot while keeping your big toe on the floor
4. Keep your foot in this position

5. Now bend at the waist and reach forward with your far hand
6. Avoid bending your knee any more
7. Do 2 sets of 15
8. To increase the exercise's difficulty, reach farther in front of you

Muscles worked:

- Achilles Tendon
- Medial Gastrocnemius
- Plantaris Muscle
- Plantar Fascia

7. Crossover Fascia Stretch

Like the 'Hold the Reins' stretch, this move focuses specifically on the muscles in your feet. However, in the Crossover Fascia Stretch, we're coming at it from a slightly different angle. And because your foot is in your hand, you'll have better control over the intensity of the stretch.



Remember, the more stretching you do, the more flexible the ligaments and muscles in your feet and legs will become. Increased flexibility lessens the likelihood of injury.

You'll need to sit on a chair for this pain-relieving, crossover stretch.

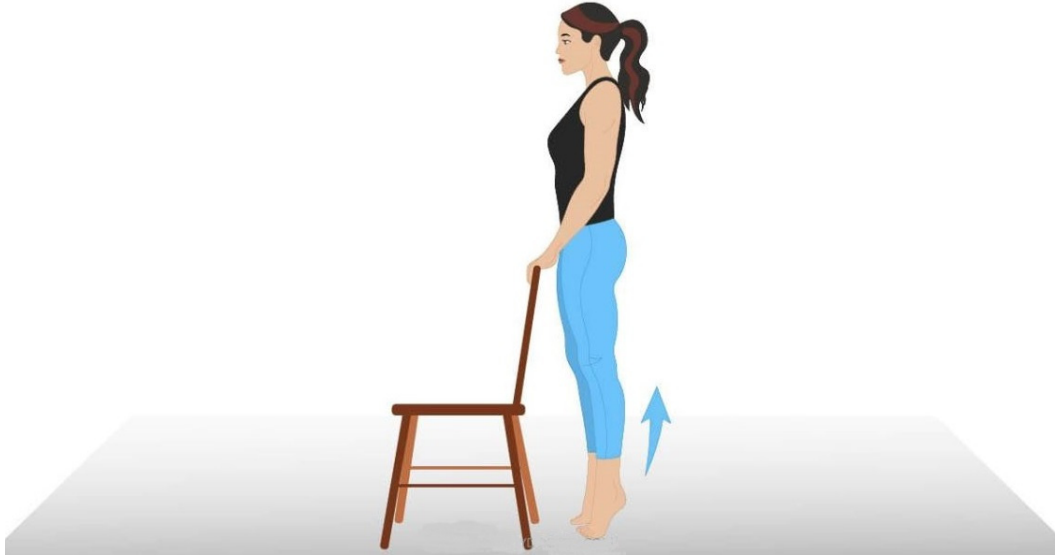
1. Cross your injured foot over your other knee
2. Grab hold of your toes and pull them towards your shin until you feel a stretch in your arch
3. Hold this stretch for 15 seconds and repeat 3 times

Muscles worked:

- Posterior Tibial
- Flexors
- Achilles Tendon
- Plantar Fascia
- Intrinsic Muscles
- Tibialis Anterior

8. Ballet Raises

You'll probably see some similarities between this move and the Tiptoe Balance. Both moves use chairs, and both seek to build flexibility in the feet and calves.



It's important to understand that your calf muscles and Achilles Tendons are attached to your heel bones, which are attached to your plantar fascia. Relaxing tight calf muscles can create a chain reaction of reduced pain.

For this exercise, you'll need to use a sturdy chair as a makeshift ballet barre. Like the Tiptoe Balance, you can choose to do it with or without shoes.

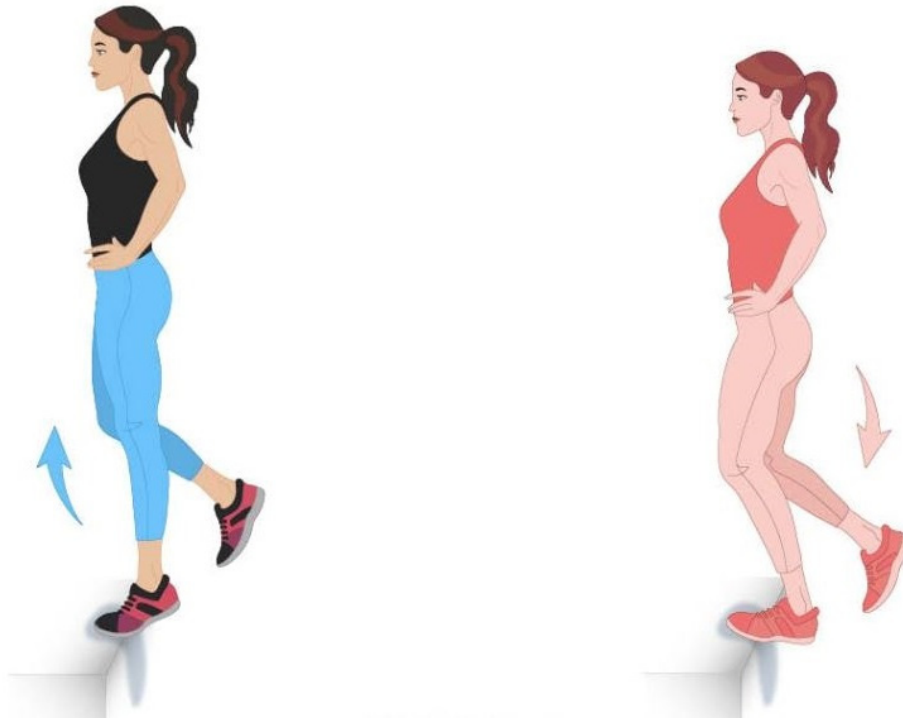
1. Stand behind the chair and place both of your feet flat on the floor
2. Use the chair as a support as you raise on to your tiptoes and hold for five seconds
3. Slowly lower yourself down
4. Do two sets of 15 and rest for 30 seconds between sets

Areas worked:

- Achilles Tendon
- Medial Gastrocnemius
- Plantaris Muscle
- Plantar Fascia

9. Step-Up Arch Extensions

Some cases of plantar fasciitis are caused by fallen arches. The arch in your foot is supported by a tendon called the posterior tibial. When the posterior tibial tendon weakens, usually due to damage or inflammation, the arch begins to fall.



You can prevent and treat this common cause of PF by doing exercises like Step-Up Arch Extensions. This move targets and strengthens the posterior tibial tendon as well as your plantar fascia and calf muscles.

For this move, you'll need to wear shoes for arch support. You'll also need to use a stair or a step.

1. Stand with the ball of your foot on a stair
2. Lower your heel towards the step below until you feel a stretch in your arch
3. Hold the stretch for 15-30 seconds and repeat 3 times

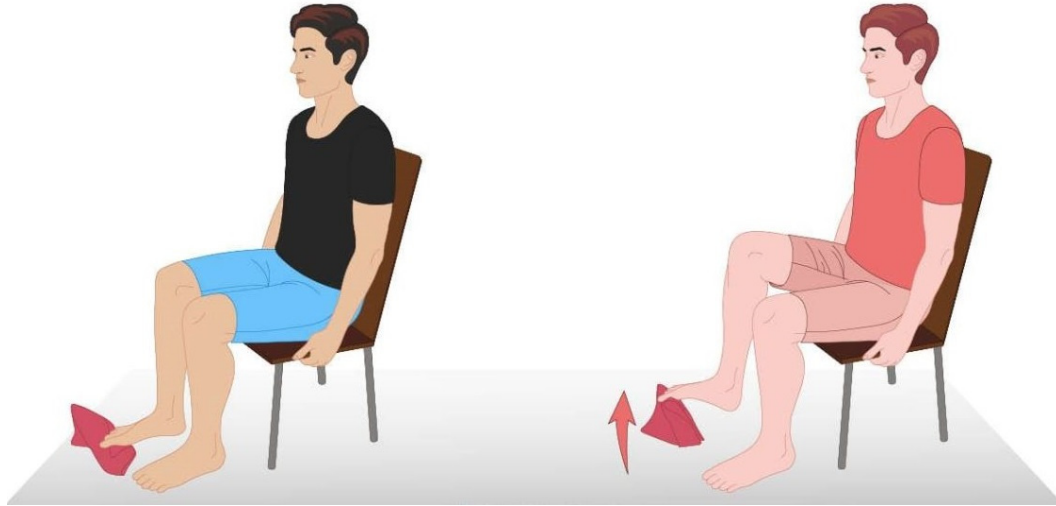
Muscles worked:

- Posterior Tibial Tendon
- Plantar Fascia
- Achilles Tendon
- Medial Gastrocnemius
- Plantaris Muscle

10. Monkey Foot Towel Lift

Monkey Feet is another great way to strengthen your arches. This move also helps increase flexibility throughout your feet and toes.

Although plantar fasciitis pain occurs in the heels, the toes still play a vital role. For many of us, our toes spend many hours a day squashed into shoes. Making space and spreading the toes can help relax other muscles in the feet, reducing the effects of PF pain.



Grab a small towel or another cloth and take a seat to perform these fun, foot-strengthening toe stretches.

1. Sit on a chair and place the towel on the floor in front of you
2. Keep your heel bone on the ground and lift the towel with your toes
3. Release the towel and then repeat 10 to 20 times
4. Make this move more challenging by placing a heavy object on the towel

Areas worked:

- Posterior Tibial Tendon
- Abductor Hallucis
- Plantar Fascia

Remember, it's important to be consistent. Just like with any athletic training, you'll only see results when you practice regularly and mindfully.

Try aiming for doing these plantar fasciitis stretches four to five times a week. In the case of these exercises, practice also reduces pain!

To help yourself in the healing process, you might also try using non-steroidal anti-inflammatory drugs like ibuprofen (Advil/Motrin) or naproxen (Aleve). These will help reduce inflammation, which contributes to relieving pain. Insoles are also great to support the arch of the foot.

About 75% of cases resolve spontaneously within 12 months.

It can't be emphasized enough how the body is interconnected. So, make sure you're addressing other tight areas of your body that you might have.