

# Sweetwater Pain & Spine

Home Exercise Handout

## Plantar Fasciitis

**Plantar fasciitis** is inflammation of the thick fibrous band connecting the heel bone to the toes, causing sharp heel pain — especially with the first steps in the morning or after prolonged sitting. These exercises stretch the plantar fascia and calf, strengthen the intrinsic foot muscles, and build eccentric tendon strength to reduce pain and prevent recurrence. Perform them consistently, particularly before bearing weight first thing in the morning.

### 1 Plantar Fascia Stretch

1 set • 3 repetitions • 20–30 seconds hold • Daily

1



#### START POSITION

Sit on the edge of the bed before standing in the morning. Cross the affected foot over the opposite knee.

2



#### PULL THE TOES BACK

Grip the toes and pull them back toward the shin, placing the plantar fascia under tension.

3



#### CHECK THE ARCH

With the other hand, palpate along the arch — it should feel taut like a bowstring, confirming correct technique.

4



  
20–30  
SECONDS

#### HOLD AND REPEAT

Hold 20–30 seconds. Perform 3 repetitions before placing any weight on the foot. Also perform before any period of prolonged standing or walking.

### 2 Standing Calf & Arch Stretch

1–2 sets • 30 seconds hold • Daily

1



#### START POSITION

Stand facing a wall, affected foot stepped back. Keep the back heel completely flat on the floor, toes pointing straight forward.

2



  
30  
SECONDS

#### LEAN AND STRETCH

Bend the front knee and lean toward the wall until you feel a strong calf stretch in the back leg.

3



#### DEEPER ARCH STRETCH

For a deeper plantar fascia component: slightly raise the toes of the back foot while in the stretch position.

### 3 Towel Scrunches & Marble Pickups

3 sets • 20 scrunches / 10–20 marbles • Daily

1



#### SETUP

Place a small towel flat on a smooth floor under the affected foot while seated.

2



#### TOWEL SCRUNCHES

Using only the toes, scrunch the towel toward you.  
Hold 3 seconds each scrunch.

3



#### MARBLE PICKUPS (PROGRESSION)

Place 10–20 marbles on the floor. Pick them up one at a time using only the toes and place them in a cup.

4



#### REPETITIONS

Perform 3 sets of 20 scrunches.  
Release completely between repetitions.

### 4 Single-Leg Heel Raise

3 sets x 10–25 reps • 8–12 weeks • 3–5 days per week

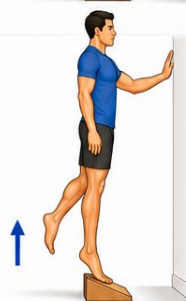
1



#### START POSITION

Stand on one foot on a 10° wedge with toes elevated and heel lower.  
Place one hand lightly on a wall for balance only.  
Keep the standing leg straight and the other knee slightly bent and lifted.

2



#### RISE TO TIPTOE

Slowly rise to maximum tiptoe height.  
Lift the heel as high as possible by contracting the calf.  
Hold 2 seconds at the top.

3



#### LOWER SLOWLY

Lower the heel slowly over 3 seconds — the eccentric phase drives tendon and fascial remodeling.

■ Stop any exercise that causes sharp pain, new numbness or weakness, or worsening of symptoms, and contact our office. These exercises supplement but do not replace your provider's individualized plan.

Questions or concerns? Call Sweetwater Pain & Spine: (775) 870-1480

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