

Stretching for plantar fasciitis/achilles tendinitis

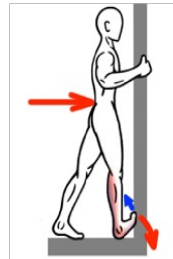
The Wall Push (runners' stretch)



Push against a wall with one leg back and stretch the calf. Your back knee should be locked back, your heel should be on the ground and your toes should be pointing straight ahead. Your back foot should be several feet from the wall. Hold for the count of ten,

then switch legs. Do this at least three times a day.

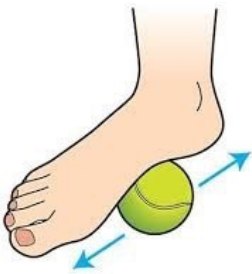
The Toe Jammer



Stand close to a wall and place your (barefoot) heel on the ground as close to the wall as you can. Bend your knee forward until you feel your lower calf and arch tighten. Hold this for the count of ten, then switch feet.

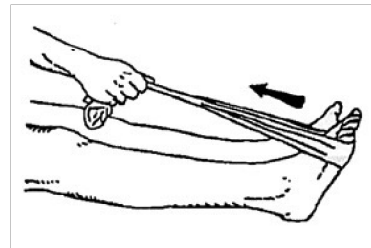
“Stretching the calf muscle can temporarily make the plantar fasciitis or achilles pain worse, so go easy on how hard you stretch, but do it often!”

Arch massage



Take a golf ball or tennis ball and roll this back and forth under your arch. Do this while sitting in a chair in your bare feet or stocking feet.

The towel pull



Before getting out of bed in the morning, take a hand towel or ace bandage and loop it around your forefoot, just behind the toes. Pull back on it for the count of ten to stretch out the calf muscles. Do this every time before arising.

How often? I would be best if you worked at these exercise for 3-5 minutes alternating left and right feet holding each stretch for the count of ten. If you can do this 3 times a day, that is sufficient, but doing it more often may prove beneficial.

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