






# 10 Exercises for Plantar Fasciitis

Simple daily stretches to reduce heel pain and improve foot strength

## What is Plantar Fasciitis?

A common condition causing heel pain due to inflammation of the foot's connective tissue.

## Common Symptoms

-  Heel pain (especially in the morning)
-  Stiffness in the foot
-  Pain after long standing or walking

## Benefits of These Exercises

-  Reduces pain and inflammation
-  Improves flexibility and mobility
-  Strengthens foot and calf muscles

## Quick Tips

- Do exercises daily for best results
- Wear supportive footwear
- Avoid walking barefoot on hard surfaces

Includes 10 simple exercises for daily relief

## Plantar Fascia Stretch (Seated)

Stretches the plantar fascia ligament

### Steps:

1. Sit →
2. Cross leg →
3. Pull toes toward shin

**Hold:** 15–30 seconds



**Hold:** 15–30 seconds

**Reps:** 3–5 times per foot

**Tip:** Best done in the morning before walking

# 1

## Wall Calf Stretch

Loosens tight calf muscles  
(major cause of heel pain)

### Steps:

1. Stand facing wall →
2. Step one foot back →
3. Keep heel down →
4. Lean forward



**Hold:** 20–30 seconds

**Reps:** 3–4 per leg

# 2

## Towel Stretch

Improves flexibility of foot arch and calf

### Steps:

1. Sit with legs straight →
2. Wrap towel around foot →
3. Pull gently toward you



**Hold:** 20–30 seconds

**Reps:** 3 times

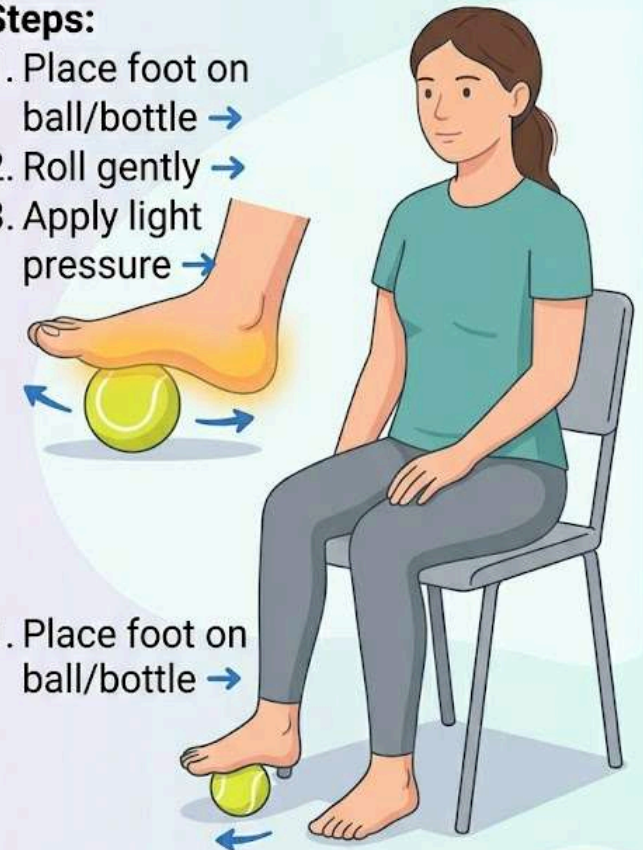
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## Foot Roll (Massage Exercise)

**Purpose:** 'Reduces inflammation and relaxes tissue'

### Steps:

1. Place foot on ball/bottle →
2. Roll gently →
3. Apply light pressure →



1. Place foot on ball/bottle →

**Duration:** '2–5 minutes'

**Tip:** 'Use a cold bottle for extra pain relief'



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# Title: "Towel Curls"

**Purpose:** "Strengthens foot muscles"

**Steps:**

1. "Place towel"

2. "Use toes to scrunch"

3. "Pull toward you"

**Reps:** "10-15 curls"

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# Title: "Marble Pickup"

**Purpose:** "Improves toe strength and coordination"

**Steps:**

1. "Place marbles"

2. "Pick up with toes"

3. "Drop into bowl"

**Reps:** 10-20 marbles

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# Heel Raises

**Purpose:** “Strengthens calf and supports arch”

**Steps:**

1. Stand straight



Start



2. Lift heels



3. Lower slowly



**Reps:** 10–15 reps

**Sets:** 2–3 sets

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# Achilles Tendon Stretch

**Purpose:** “Reduces strain on the foot and improves flexibility”

**Steps:**

1. Face wall →

2. Step back →

3. Bend knee slightly →

4. Lean forward



**Hold:** 20–30 seconds

**Reps:** 3 per side

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# Toe Extension Stretch

**Purpose:** Improves flexibility of the foot arch

**Steps:**

- 1. Place toes on wall →
- 2. Keep heel down →
- 3. Lean forward



**Hold:** 15-20 seconds    **Reps:** 3-5 times

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# Single-Leg Balance

**Purpose:** Improves stability and strengthens foot muscles

**Steps:**

- 1. Stand on one foot →
- 2. Hold balance →
- 3. Switch sides



**Duration:** 20-30 seconds    **Reps:** 3 per side

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