

5. Calf Stretch



- Facing a wall, place your hands against the wall.
- Keep one foot behind with your heel on the floor.
- Slowly lean into the wall until you feel a stretch in the back of the calf.

6. Plantar Fascia Stretch



- Stand on the ball of your injured foot on a stair.
- Push the heel downwards towards the bottom step until you feel a stretch through the arch of your foot.

7. Heel Raise



- Balance and raise the body up onto the balls of your feet.

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Department of
ORTHOPAEDIC SURGERY

Plantar Fasciitis



Overview

Plantar Fasciitis

This condition involves the inflammation of a thick band of tissue called the Plantar Fascia which runs across the bottom of the foot (connecting the heel bone to the ball of the foot). Plantar Fasciitis is one of the most common causes of heel pain.



Several possible causes includes:

- Wearing shoes that lacks support or cushioning
- Prolonged periods of walking or standing
- Weight gain

Symptoms

- Pain felt in the heel while walking (typically for the first few steps in the morning) or after long periods of standing
- Condition develops gradually
- Pain on first step after a period of inactivity

Treatments

- Anti-inflammatory medication
- Physiotherapy
- Extracorporeal Shockwave Therapy (ESWT)
- Orthotics

What can You do About it?

- Maintain a healthy weight. This reduces the stress placed on your plantar fascia.
- Use supportive shoes. Get shoes that are well made and fitted for your feet. Do not wear high heels or shoes that no longer have proper support and cushioning.
- Do foot and leg stretching exercises regularly. The exercise can help to stretch the plantar fascia, Achilles tendon and calf muscles.

Rehabilitation Exercises

1. Ball Roll



- Roll a baseball/tennis ball along your injured foot from the heel to the mid-arch.

2. Towel/Band Pickup



- With the heel on the ground, pick up a towel/band by curling your toes.

3. Towel Stretch



- Sit on a hard surface with the injured leg stretched out.
- Loop a towel around the ball of the foot and pull the towel toward your body until a comfortable stretch is felt.

4. Sitting Plantar Fascia Stretch



- Sit on a chair and cross one leg over the other knee.
- Grab and pull the toes towards yourself until you feel a comfortable stretch.