

Reliant Medical Group

Rehabilitation & Sports Medicine Plantar Fasciitis

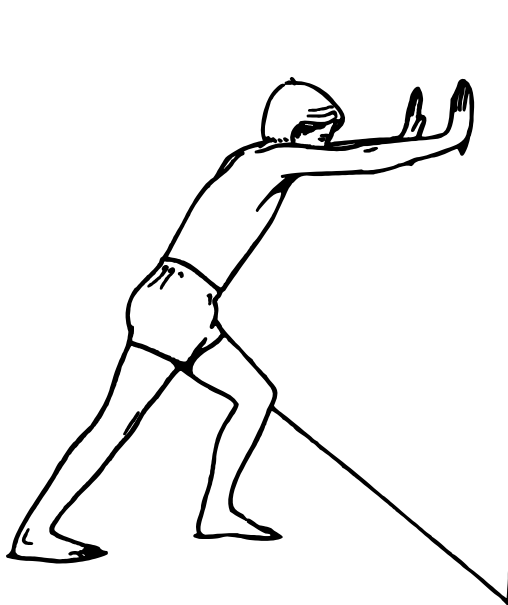
Help for Plantar Fasciitis What is plantar fasciitis?

Plantar fasciitis (say: plant-er fash-ee-eye-tis) is a common cause of pain in the heel of your foot. Your heel may hurt, feel hot, swell or turn red. This is called inflammation. The inflammation occurs in the plantar fascia, which is a thin layer of tough tissue that supports the arch of the foot. The pain is usually worse when you first get out of bed.

ANKLE / FOOT - 14 Gastroc Stretch

Stand with involved foot back, and leg straight. Keeping heel on floor and turned slightly outward, gently lean into wall until stretch is felt in calf. Hold 30 seconds.

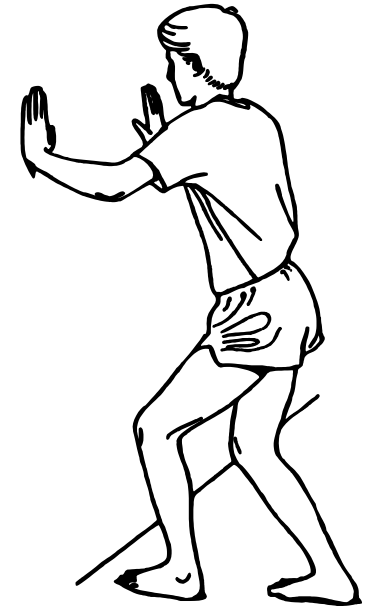
Repeat 1-4 times.
Do 1 session per day.



ANKLE / FOOT - 13 Soleus Stretch

Stand with both knees bent and involved foot back. Keeping heel on floor and turned slightly outward, gently lean into wall until stretch is felt in lower calf. Hold 30 seconds.

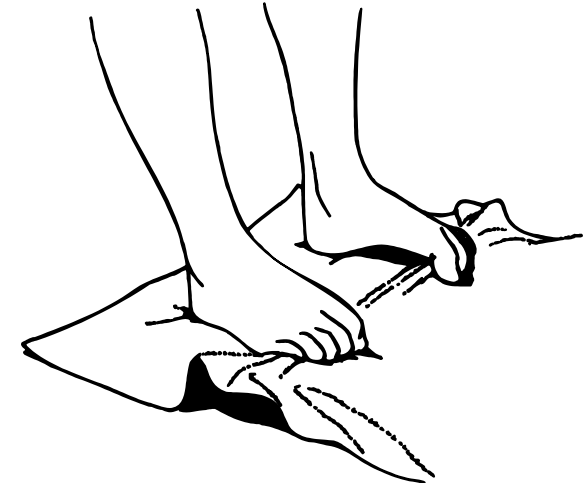
Repeat 1-4 times.
Do 1 session per day.



ANKLE / FOOT - 11 Double-Leg Toe Curling

With both feet resting on towel, slowly bunch up towel by curling toes.

Repeat 10 times.
Do 1 sessions per day.



Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143

■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.

Internet Access: www.reliantmedicalgroup.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets

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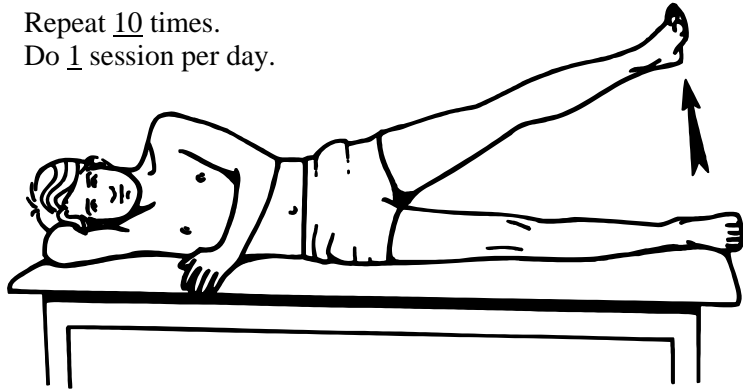
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HIP / KNEE - 21

Strengthening: Side-Lying Hip Abduction

Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches from surface. Hold 5-10 seconds.

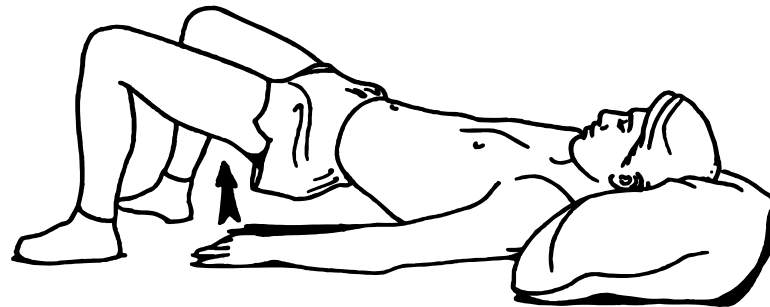
Repeat 10 times.
Do 1 session per day.



TRUNK STABILITY - 9 Bridging

Slowly raise buttocks from floor, keeping stomach tight. Hold 5-10 seconds. Lower slowly.

Repeat 10 times.
Do 1 session per day.



CLAMSHELL

Gently lift top knee, keeping trunk straight. Keep ankles together. Do both sides

Repeat 10 times per set. Hold 5-10 seconds.
Do 1 session per day.



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