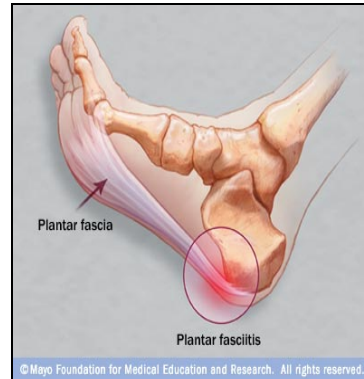
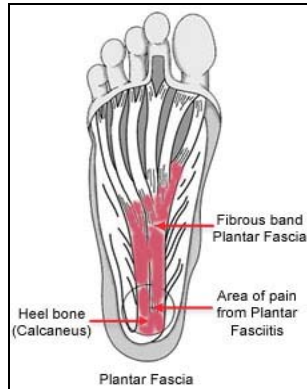


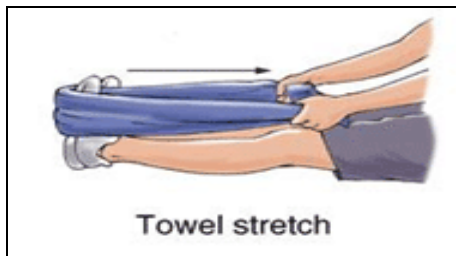
Home Exercise Program: Plantar Fasciitis

Plantar Fasciitis is an irritation of the strong band of fibrous tissue that lies across the bottom of the foot.



Stretching is one of the most beneficial treatment methods for relieving pain and irritation caused by caused by this condition. Choose one of the following methods.

Method # 1



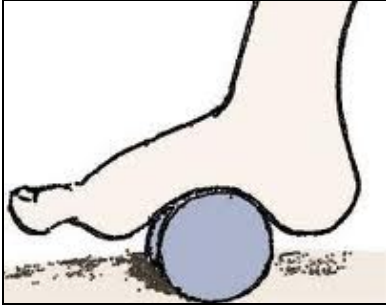
Loop the towel around the ball of your foot. Pull towards yourself until you feel a gentle stretch in your calves. Perform this stretch in the morning before you get out of bed. Perform 10 to 15 repetitions. Hold each for 20 seconds.

Method #2



Stand on a step facing upstairs holding onto a handrail. The balls of your feet should be on the stair with your heels hanging down over the edge as shown. Relax and let your bodyweight lower your heels until you feel a comfortable stretch in your calves. Perform 10 to 15 repetitions. Hold each for 20 seconds.

Pain Relief



Another effective method for relieving pain from plantar fasciitis is the frozen water bottle massage. Sit in a chair and place the bottle on the floor (carpeted works best). Apply a moderate downward pressure with your leg and roll the arch of your foot back and forth across the bottle. Perform for 15 to 20 minutes.