

Exercise plan:
Standard - Plantar Fasciitis

Patient:
Mr Mark Poolan

Date:
08th May 2020



Big Toe Extension

Using your hand, bend your big toe upwards. This will help improve mobility to your big toe. You can also hold the stretch if you wish. Mobility in the big toe is very important for foot function, and doing this exercise will help improve mobility and gait.

Hold for 40 seconds | Repeat 2 times | Perform 2 times daily

Video: <http://youtu.be/H5w0jw3k6r8>



Spikey Ball Plantar Fascia Massage Sitting

Sit down on a chair, and place a hard ball under the sole of your foot. Roll the ball up and down your foot, between your heel and your toes. Do not massage the heel area, but keep to the soft plantar fascia on the sole of the foot.

A good alternative is to freeze a bottle of water and once frozen, roll the frozen bottle of water between your heel and toes

Hold for Roll for 60 seconds | Repeat 2 times | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/nQChHTS8Gso>



Towel Pick-Up

Try to pick up a towel using your toes. This exercise will help improve strength in your toes and intrinsic foot muscles.

Hold for Pick up 12 times | Repeat 2 times | Perform 2 times daily

Video: <http://youtu.be/ye15Qfdip6k>



Heel Drop Gastrocnemius Stretch

Stand with your toes on the edge of a step or a box. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius).

Hold for 40 Seconds | Repeat 2 times | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/8PQleXdrnXg>



Heel Drop Soleus Stretch

Stand with your toes on the edge of a step or a box, and knees bent slightly. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch in the back of your legs, in the lower calf (known as the soleus).

Hold for 40 Seconds | Repeat 2 times | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/O2TlznUwbQw>



Plantar Fascia Stretch

Sit comfortably, and place your foot on your opposite knee. Grasp your toes and pull them backwards to create a stretch to the sole of your foot. Hold the stretch for the required length of time.

Hold for 40 Seconds | Repeat 2 times | Perform 2 times daily | Perform both sides

Video: <https://youtu.be/kH5-HMfkin4>



Passive Plantar Flexion

Sit with one leg over your opposite knee. With your hand gently pull the ankle towards you, and then relax. You can use this as a mobilisation to your ankle, to improve mobility, but also to create a stretch along your shin and the top of your ankle.

Hold for 40 seconds | Repeat 2 times | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/ZnRUj4WuW8M>



Tip Toe Walking

Walk on tip toes. Start by doing it in trainers, but when you get more confident do it in bare feet. It's a fantastic foot, ankle and leg strengthening exercise to the ligaments and muscles. It also helps improve balance.

Hold for Walk for 20 seconds | Repeat 3 times | Perform 2 times daily

Video: <https://youtu.be/F-T39hIQ6i0>

P.S. Additional advice sheet

You will find the advice sheet attached in your email

[- Plantar Fasciitis.pdf](#)

Dear Mr Poolan, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on info@mksportsinjuryclinic.co.uk. Good luck and keep with it!

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Exercise Diary:



Big Toe Extension

08. May (Week 1)							15. May (Week 2)							22. May (Week 3)							29. May (Week 4)						
F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T
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05. Jun (Week 5)							12. Jun (Week 6)							19. Jun (Week 7)							26. Jun (Week 8)						
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Spikey Ball Plantar Fascia Massage Sitting

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Towel Pick-Up

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Heel Drop Gastrocnemius Stretch

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Heel Drop Soleus Stretch

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F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T

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Plantar Fascia Stretch

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F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T

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Passive Plantar Flexion

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Tip Toe Walking

08. May (Week 1)							15. May (Week 2)							22. May (Week 3)							29. May (Week 4)						
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