

## Dynamic stretches for plantar fascia

1. This involves rolling the arch of the foot over a rolling pin, a drinks can or a tennis ball etc whilst either standing (holding the back of a chair for support) or sitting.
2. Allow the foot and ankle to move in all directions over the object. This can be done for a few minutes until there is some discomfort.



Repeat this exercise at least twice a day. The discomfort can be relieved by rolling the foot on a cool drinks can or plastic bottle from the freezer or using an icepack held against the painful area for 10 minutes to reduce any inflammation. If there is a particularly painful spot massage this with the pad of your middle finger in a circular motion for 30 - 60 seconds.

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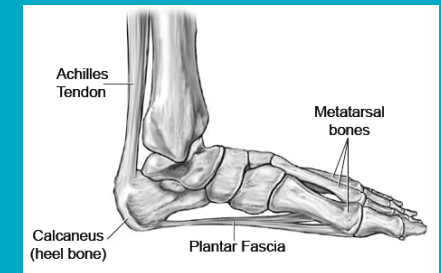
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## Plantar Fasciitis



Inflammation of the  
instep tendons

Your heel pain is caused by an overstretch/strain injury with some inflammation of the tissues of the heel and the underside of the foot. Usually patients have a flat foot ie loss of the instep (long arch of the foot). The treatment is aimed at relieving your pain and restoring this arch.

## Shoes and footwear

Patients often find that trainers or similar shoes give most relief. These shoes are shock-absorbing and have an arch support. Please do not walk around in bare feet or slippers at home.

It is important to do stretching exercises for both your Achilles Tendon and your Plantar Fascia. Please try to perform the exercises shown at least twice a day as this will speed the healing process and reduce the pain more quickly.

## Achilles tendon and plantar fascia stretch

First thing in the morning loop a towel, belt, piece of elastic or a tubigrip around the ball of your foot and, keeping your knee straight, pull your toes towards your nose holding for 30 seconds. Repeat 5 times for each.

## Wall push-ups or stretches for Achilles tendon

The Achilles tendon comes from the muscles at the back of your thigh and your calf muscles. These exercises need to be performed first with the knee straight and then with the knee bent in order to stretch both parts of the Achilles Tendon.



Do the following wall push-ups or stretches twice a day.

1. Face the wall; put both hands on the wall at shoulder height and stagger the feet (one foot in front of the other). The front foot should be approximately 30cm (12 inches) from the wall.
2. With the front knee bent and the back knee straight, lean into the stretch ie towards the wall, until a tightening is felt in the calf of the back leg and then ease off.

Repeat 10 times holding each stretch for 30 seconds.

Now repeat this exercise but bring the back foot forward a little so that the back knee is slightly bent.

Repeat the push-ups 10 times, again holding this position for 30 seconds.

## Stair stretches for Achilles tendon and plantar fascia

1. Holding the stair rail for support, with legs slightly apart, position the feet so that both heels are off the end of the step. Lower the heels, keeping the knees straight, until a tightening is felt in the calf. Hold this position for 20 - 60 seconds and then raise the heels back to neutral.



Repeat 6 times at least, twice a day.