



Treatments for Plantar Fasciitis (Heel pain syndrome)

1. Straight-knee calf stretch: 20-30 seconds, 3 sets, at least twice a day.
2. Bent-knee calf stretch: 20-30 seconds, 3 sets, at least twice a day.
3. Step stretch: Place the ball of your foot on a step, and let the back 2/3 of the foot hang off the step. Use the handrail/wall for balance and lean slightly forward until you feel a stretch in the calf. Allow for a good, steady stretch without bouncing. Stretch 20-30 seconds, 3 sets, at least twice a day.
4. Towel stretch: Place a towel around the ball of your foot, and pull the towel towards you until you feel a stretch in the calf. Stretch 20-30 seconds, 3 sets. This stretch is best done before you get out of bed.
5. Roll your foot and arch on a golf ball, tennis ball, or similar object. Usually a more rigid ball works better. This treatment should be done while you are sitting.
6. Icing: Fill a 20 ounce water/soda bottle with water and keep it in your freezer. Roll your foot and arch on the ice bottle to relieve pain and swelling.