



Texas Orthopedics, Sports & Rehabilitation Associates

Plantar Fasciitis Stretches

Straight-Knee Belt Stretch ___ sets of ___ reps

Hold onto both ends of a belt and loop it over the ball of your foot.



Gently pull backward until you feel a stretch on the bottom of your foot.



Placing the belt as far toward your toes as possible will allow greater stretching of the plantar fascia instead of the calf. Doing this stretch with a rubber soled shoe might make that easier.

Flexed-Knee Belt Stretch ___sets of ___ reps

Follow the Straight-Knee Belt Stretch instructions but apply the stretch with a bent knee.



Belt Assisted Toe Stretch ___ sets of ___ reps

Grasping the belt as in the previous two stretches, place it around the big toe and gently pull backward until a stretch is achieved on the bottom of your foot.



Morning Sheet Stretch

Upon waking, grasp the top of your sheets and pull the sheet taught.

Press your foot into the bottom of the sheet, using the sheet to push your big toe and the ball of your foot backward.



Daily Seated Stretch

While seated, keep your feet flat on the floor as much as possible.

If the situation allows, slide your heel backward while keeping your foot flat on the floor until you feel a stretch on the bottom of your foot and in your Achilles tendon.

