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Plantar Fasciitis Exercise Suggestions

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IMPORTANT: Exercise GENTLY. If you push too hard you will hurt yourself and your health will go backwards. Progress is the benefits your body receives from increased circulation while performing each exercise through regular daily practice, not how far you can stretch. Immediately stop any exercise if it causes or increases pain. Begin exercises the DAY AFTER your Bowen treatment.

Plantar Fascia Stretch



1. Sit down and cross your affected leg over your non-affected leg.



2. With the hand of the affected side, grab the toes of your affected foot and pull them back towards your shin for a count of 10 seconds. This stretches the plantar fascia in the arch of the foot



3. To check if your foot is being stretched correctly, gently rub the thumb of the other hand over the arch of the affected foot while doing the stretch. The plantar fascia should feel firm like a guitar string.

Calf Stretch 1 (Lower fibres)



1. Face wall with both knees slightly bent. Position fore foot on wall with heel on floor.
2. Straighten knees and lean body toward wall. Hold stretch for 20-30 seconds . Repeat with opposite leg.

Calf Stretch 2 (Upper Fibres)



1. Position toes and balls of feet on stair step or calf block with arches and heels extending off. Use railing or wall for balance.
2. With knees straight, shift body weight to one foot. Hold stretch for 20-30 seconds. Repeat with opposite leg.
3. For a stronger stretch especially for upper fibres, bend forward at the waist as low as you can.