

Notes :

**1 Stretching plantar fascia**



Sit with your injured foot placed across your other knee.  
Pull your toes up and massage the arch of your foot.

**2 Stretching plantar fascia**



Stand in front of a wall.  
Extend your toes against the wall and try to bring your knee towards the wall until you feel a gentle stretch under the foot.  
Maintain the position and relax.

Hold: 30

**3 Foam roll plantar fascia**



Sit on a chair with a foam roll under the arch of your foot.  
Roll your foot forward and backwards, stopping before the toes and before the heel.  
To progress, perform in standing.

Hold: 30

**4 Plantar fascia release**



Sit on a straight back chair with one foot on a tennis ball, the other foot flat on the floor and your back in a neutral position (slightly arched).  
Roll the ball under the arch of your foot from heel to toes.

Hold: 30

**5 Passive toes extension**



Kneel and bend the toes up so that the bottom surface is resting on the floor.  
Lean back to sit on your heels until you feel a stretch on the ball of the foot.  
Maintain the position.

Hold: 30

**6 Standing calf stretch on wall**



Put the leg to be stretched behind with the heel on the floor and toes pointing directly forward.  
Place both hands on the wall and extend the rear knee while pushing the hips forward without bending the back knee until you feel a stretch in your back calf. Hold the stretching position.

Hold: 30

## 7 Standing soleus stretch



Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other and slowly bend the knees while keeping the heels on the floor until you feel a stretch in the calf of the back leg. Maintain the stretch and relax.

Hold: 30

## 8 Plantar flexion on step



Stand on a step, placing only your forefeet on it. Lift yourself up onto your toes as high as you can. Lower your heels until you feel a stretch in your calves. Maintain the stretch and repeat.

Sets: 2 Hold: 15

## 9 Eccentric calf raise (2 up, 1 down)



Stand on two feet on the floor or a small step next to a chair or table. Raise yourself onto your toes of both feet without bending your knees. Lift one foot off of the floor and slowly drop back down to the floor on your injured leg. Stretch your calf by lowering your heel as far down as possible and hold the position between each lift.

Sets: 2 Hold: 15

## 10 Plantar flexion 1 foot



Stand on your injured foot on the floor or a small step next to a chair or table. Raise yourself onto your toes of your injured foot without bending your knee. Slowly drop back down and stretch your calf by lowering your heel as far down as possible and hold the position between each lift and repeat.

Sets: 2 Hold: 15

## 11 Toe walk



Stand. Walk on your toes and lift your heels as high as you can. Hold on to a solid object if needed.

## 12 Foot supination weight bearing



Stand, lift your big toe off the ground and then lift the inside of the foot to increase the medial arch of your foot. Maintain the position and relax. Increase the difficulty by standing on one foot.

Sets: 2 Hold: 10

### 13 Strengthening ant. tibialis



Stand, lift the inside of the foot off the ground and then lift the forefoot as high as you can, keeping your weight on your heel.  
Lower the foot and repeat.

Sets: 2 Hold: 10