PLANTARFASCIA REHAB PROGRAMME

Created by Barnstaple Alliance Primary Care Network Mar 20th, 2025
View videos at www.HEP.video



FROZEN BOTTLE ROLL - PLANTAR FASCIA

Place foot on plastic frozen water bottle. Roll frozen water bottle from the ball of your foot to the heel along the arch.

DO NOT keep the frozen bottle on one spot. It should be kept moving.

DO NOT push your foot down onto the bottle. The weight of you leg is sufficient and does not need greater pressure than this. Too much pressure can create an ice burn.

Video # XV3B3G25Z

Hold	1 Second
Duration	10 Minutes
Complete	1 Set
Perform	3 Times a Day



BIG TOE AND PLANTAR FASCIA STRETCH

While seated, place your affected ankle on top of your other leg.

Then grab your toes and bend them back into extension as shown. Hold for a gentle stretch to your toes and sole of the foot (plantar fascia).

Video # XV2PHLWUK

Hold	30 Seconds
Complete	3 Sets
Perform	3 Times a Day



Standing Plantar Fascia Stretch

Stand with foot against the wall and the toes pointing straight up and slowly lower your foot to the ground maintaining toes pointing up.

Bring your hips towards the wall until you feel the stretch in the bottom of the foot.

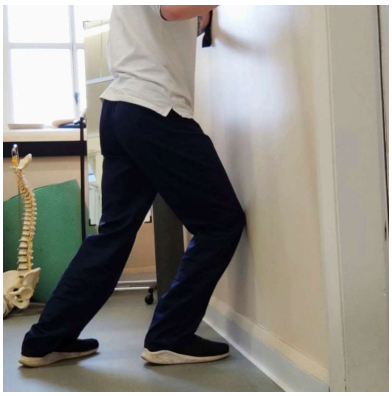
Hold	30 Seconds
Complete	3 Sets
Perform	3 Times a Day



Gastroc Stretch

Stagger your stance up against a wall, with the rear knee straight, but heel still on the floor. You should feel a stretch on your calf.

Hold	30 Seconds
Complete	3 Sets
Perform	3 Times a Day



Knee to wall stretch

-With hips square to wall
-place your foot facing wall and bend knee to touch the wall keeping heel down.
-Slide your toes away from the wall until the point just before your heels comes off the floor.
-Hold the stretch for 3 sets of 20 secs

Repeat	3 Times
Hold	30 Seconds
Complete	3 Sets
Perform	3 Times a Day