

Plantar Fasciitis/Achilles Tendonitis



Stretching your calf: Placing your foot on the wall or standing on the edge of a step or stair. Lean closer to the wall while maintaining a straight knee, or gradually take your heel off the step until your calf stretches. Repeat, bending at the knee, and slowly try to bring your knee up to the wall, maintaining your heel off the step or on the ground.



Towel curls: Sit with your toes at the starting point of a towel on the ground. Using your toes, grab the towel and compress it till you reach the end. Repeat 5-10 times.



Balance

Double Leg

Tandem Stance

Single Leg



Eccentric Calf Raises:

While standing at the edge of a stair or step, raise yourself onto your toes with both feet. Then, shift all of your weight to one foot and slowly descend your heel over the count of 5.



Calf Raises: Lift your heels off the ground slowly while keeping your toes pointed forward. Repeat with your toes pointed out and your toes pointed in.



Roll out your foot and place it on a frozen water bottle/ golf ball/ lacrosse ball/or other frozen object. Three times thirty seconds



Exercises for the Short Foot:

Place your foot beneath your knee while sitting in a chair. Try to **elevate the arch of your foot** and **bring your toes closer to your ankle** instead of curling them up and off the ground. It is a very small and slight movement. Release after five seconds of holding. Repeat.