



HANDI Plantar fascia stretch

You need to do 10 repetitions of the stretch three times a day (more often is preferable) for at least 8 weeks.

The most important times to perform the stretch are:

- before taking the first step in the morning
- before standing after a period of prolonged sitting.



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 the shin for a count of 10 seconds. This stretches the plantar fascia in the arch of the foot.

Repeat this stretch 10 times, at least three times a day.



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

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Extracted from RACGP Handbook of Non-Drug Interventions – Stretching exercises for plantar fasciitis.