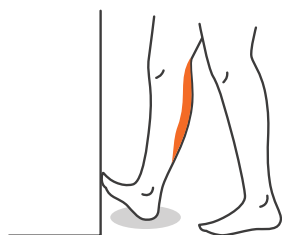


# 10-MINUTE MORNING PLANTAR FASCIITIS RECOVERY GUIDE

Daily rehabilitation of the plantar fascia is key as it increases tissue flexibility and helps prevent fraying or tearing. Use these stretches, movements and massage techniques to help activate intrinsic foot muscles and restore the plantar fascia structure.



## **Gastrocnemius Stretch**

Step one foot forward and elevate your forefoot against a step or wall while keeping your heel on the ground. With your front leg straight, lean forward slightly until you feel a stretch in your calf. Hold and repeat on the other side.

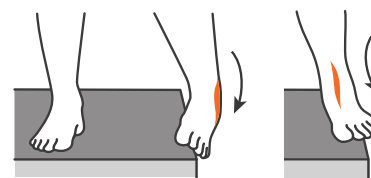
**3 sets / 30 sec**



## **Soleus Stretch**

Repeat the gastrocnemius stretch but bend your front knee approximately 15 to 20 degrees. You should feel the stretch lower down your calf near the back of your ankle.

**3 sets / 30 sec**



## **Ankle Inversion / Eversion**

Place the foot sideways at the edge of a surface. Slowly roll your ankle inside and outside to the limits of its range of motion in a controlled movement. Steady yourself to prevent falling or overextending your ankle.

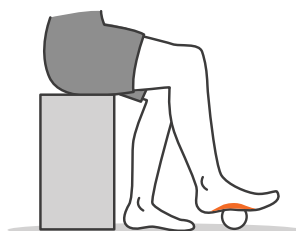
**3 sets / 15 repetitions**



## **Standing One-Legged Balance**

Stand shoulder width apart and balance on one foot for one minute. Once you are confident with balancing with your eyes open, do the exercise with your eyes closed.

**Hold for 1 minute**



## **Plantar Fascia Massage**

Use a massage ball to apply pressure to your arch, near the ball of your foot, and hold for 10-30 sec. You should feel a deep tissue massage but no pain. Repeat at multiple points working towards your heel.

**1 set / 10-30 sec per spot**



## **Forefoot Extension**

Stand shoulder width apart and place one foot ahead of the other. Contract the calf muscle of your back leg and raise your heel until you have lifted onto your forefoot. The stretch should be felt through the plantar fascia at the arch of your back foot.

**5 sets / 15 repetitions**

For video instructions, visit [kintec.net/PF-exercises](https://kintec.net/PF-exercises)