
PATIENT EDUCATION

Plantar Fasciitis Stretching & Strengthening

Plantar fasciitis is one of the most common causes of heel pain. Performing these stretches consistently — first thing in the morning and before getting up after long periods of sitting — is the single most important step you can take to recover. Aim to complete the full routine **2 to 3 times per day** for at least 6 weeks.

1. Plantar Fascia Stretch (Towel Stretch)

Before stepping out of bed, loop a towel around the ball of the affected foot. Keeping the knee straight, gently pull the towel toward you until you feel a stretch along the arch and calf.

- Hold 30 seconds
- Repeat 3 times
- Do this BEFORE standing in the morning

2. Standing Calf Stretch (Gastrocnemius)

Face a wall with hands at shoulder height. Step the affected leg back, heel flat on the floor, toes pointing forward. Bend the front knee and lean forward until you feel a stretch in the back calf.

- Keep back knee straight and heel down
- Hold 30 seconds
- Repeat 3 times each side

3. Bent-Knee Calf Stretch (Soleus)

Same wall position as above, but bend the back knee slightly while keeping the heel on the ground. This targets the deeper soleus muscle and Achilles.

- Hold 30 seconds
- Repeat 3 times each side

4. Frozen Bottle Roll

Freeze a plastic water bottle. While seated, roll the arch of the foot back and forth over the bottle with moderate pressure.

- Roll for 5–10 minutes
- Twice daily, especially after activity
- Reduces inflammation and stretches the fascia

5. Toe Curls with Towel

Place a small towel flat on the floor. Using only the toes of the affected foot, scrunch and pull the towel toward you.

- 3 sets of 10 repetitions
- Strengthens the small arch muscles

6. Marble Pickups

Place 15–20 marbles on the floor with an empty cup. Pick up one marble at a time with your toes and drop it in the cup.

- Complete one full set per session
- Improves intrinsic foot strength

Daily Habits That Speed Recovery

- Wear supportive shoes with a firm heel counter — avoid going barefoot, especially on hard floors
- Use the orthotic inserts or night splint prescribed by Dr. Lyons consistently
- Apply ice to the heel for 15 minutes after activity
- Limit high-impact activity (running, jumping) until pain has resolved for 2 weeks

Call our office if you experience:

- Sharp pain that does not improve after 6 weeks of consistent stretching
- Sudden severe pain or a 'pop' in the heel (possible plantar fascia rupture)
- Numbness, tingling, or weakness in the foot

Questions? We're here to help.

- Call 662-449-3663 during business hours
- Both Hernando and Southaven offices share the same scheduling line