



### Home Stretching Program for Plantar Fasciitis

Home stretching programs are often the first line of treatment of Plantar Fasciitis and can be very effective. There are many suggestions for home stretching programs however, the most effective stretch is as follows:

1. Stand barefoot only on the affected leg on a stair or box, with a rolled-up towel resting beneath the toes of the sore foot and the heel extending over the edge of the stair or box. The unaffected leg should hang free, bent slightly at the knee. (See below)
2. Slowly raise and lower the affected heel to a count of three seconds up, two seconds at the top and three seconds down.
3. Perform 8 to 12 repetitions of the exercise every other day.
4. Once 12 complete repetitions can be performed fairly easily, then wear a backpack stuffed with books to add to the difficulty by increasing weight.

Clinical data indicates that this stretching program alone can help in improving the symptoms of Plantar Fasciitis in about 72% of the cases. [Click here for more information.](#)

This is the correct technique:

