

Plantar Fascia Pain: A patient's guide

Remember! These exercises are a vitally important part of your treatment

The Plantar Fascia lies directly beneath the skin on the bottom of your foot. It connects the heel to the base of the toes, and supports the arch of your foot. Plantar Fascia pain/inflammation often termed 'Plantar Fasciitis' occurs when this strong band of tissue becomes irritated and inflamed.

If you have been diagnosed with plantar fascia pain/inflammation these exercises alongside suitable footwear, orthoses and changes to activity (where possible) represent the best conservative treatment and should be tried first.

Exercises



or



Hold position for:

.....

How many times:

.....



Hold position for:

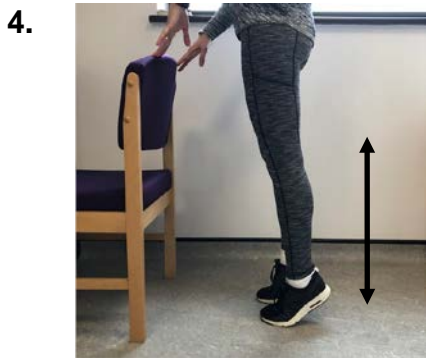
.....

How many times:

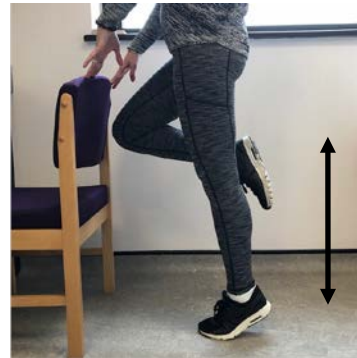
.....



Pull back the toes to stretch the plantar fascia and gently massage the painful area



or



Slowly repeat these movements until you feel a slight discomfort.

How many times:

.....

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whithealthPALS@nhs.net

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