

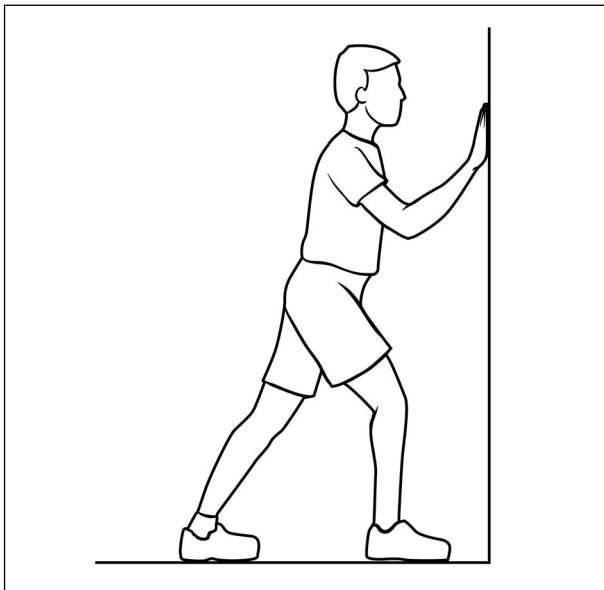
Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR PLANTAR FASCIITIS

Apply moist or dry heat to the painful area of the foot during the exercise. To prevent inflammation, apply a bag of crushed ice or frozen peas to the heel for 20 minutes after performing the exercise. You should not experience pain with the exercise. If you are unable to perform the exercise because of pain or stiffness or if your symptoms do not improve after performing the exercise for 3 to 4 weeks, call your doctor.

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Heel cord stretch	Gastrocnemius-soleus complex	4 repetitions/2 or 3 sets	Daily	3 to 4



HEEL CORD STRETCH

Stand facing a wall with the knee of the unaffected limb bent, the affected limb straight, and the toes pointed in slightly. Keeping the heels of both feet flat on the floor, lower your hips toward the wall. Hold the stretch for 30 seconds and then relax for 30 seconds. Repeat 4 times. Perform this exercise daily, 2 or 3 times a day.