

HAPPY HEELS

PLANTAR FASCIITIS PROTOCOL

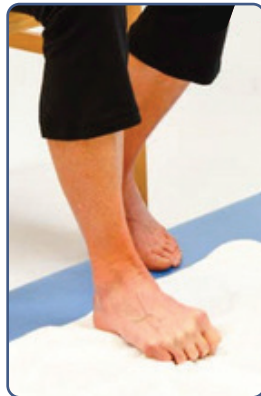
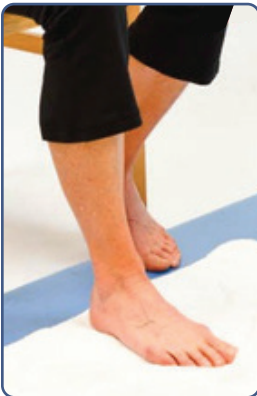


Exercise 1: Plantar Fascia Mobility Ball Myofascial Release

Sets: 1 | Reps: 3 | Time: 60sec | Rest: 30sec | Freq: Daily

Start: Begin standing with sock on or barefoot. Place mobility ball underneath foot on arch.

Movement : Slowly roll back and forth, massaging plantar surface of foot for a duration of 1 to 2 minutes. Maintain consistent pressure with ball. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed. sets. Alternate sides as directed.



Exercise 2: Towel Scrunches

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk

Start: Begin seated in chair. Place a towel flat on floor. For best results, place towel on hard, smooth surface.

Movement : Grasp towel with curled toes pulling inward. Release, re-grasp and repeat until end of towel is reached. Repeat for prescribed repetitions and sets.



Exercise 3: Short Foot

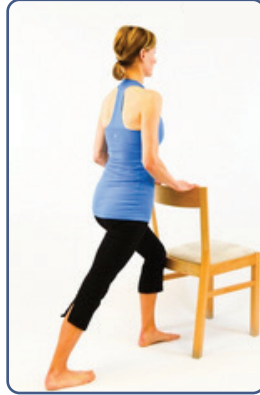
Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily

Start: Sit with good posture in a sturdy chair with both feet on the floor, your toes facing straight forward, and your knees bent to 90 degrees.

Movement : Inhale, contract the muscles on the bottom of your right foot and lower legs to raise the arch of your foot without curling your toes. This position is called the short foot position. Hold this isometric muscle contraction for six seconds, then exhale and relax.

HAPPY HEELS pg.2

PLANTAR FASCIITIS PROTOCOL

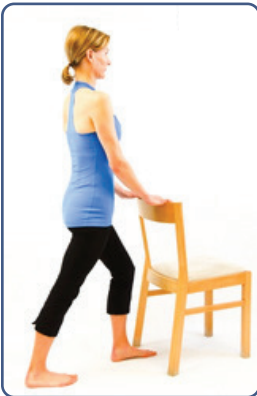


Exercise 4: Standing Calf Stretch

Sets: 1 | Reps: 3 | Time: 30 sec | Rest: - | Freq: Daily

Start: Begin standing behind a chair or counter. Leg to be stretched is extended behind body. Leg should be straight with heel on ground.

Movement : Slowly lean forward, putting weight onto front leg while maintaining straight leg and heel-floor contact. A gentle stretch should be felt in upper calf muscle. Hold for 30 seconds and repeat on opposite side. Repeat for prescribed repetitions and sets.



Exercise 5: Soleus Calf Muscle Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin standing with leg to be stretched extended behind body facing wall. Leg should be straight with heel flat on floor.

Movement : Bend front knee slightly slowly setting hips back allowing rear leg to bend while maintaining heel-floor contact. A gentle stretch should be felt in lower calf muscle. Hold for 20-30 seconds. Repeat for prescribed repetitions and sets. Alternate sides as directed.



Exercise 6: Single Leg Balance

Sets: 1 | Reps: 5 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin standing with feet flat on floor. If necessary, grasp stable chair without wheels for additional stability.

Movement : Lift one foot off ground, bending at knee. Attempt to balance for 30 seconds. Return to start position and repeat for prescribed sets.

HAPPY HEELS pg.3

PLANTAR FASCIITIS PROTOCOL



Exercise 7: Single Leg Heel Raise

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin standing with feet flat on floor. Bend one leg at knee, lifting foot off ground.

Movement : Lift other heel off ground and pause momentarily. Return to start position and repeat for prescribed repetitions and sets.



Exercise 8: Calf Stretch with Towel

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin seated in a chair or on a firm surface. Extend one leg and place a towel around ball of foot and grasp with both hands.

Movement : While maintaining good sitting posture, extend leg fully as arms pull towel until gentle stretch is felt in calf muscle. Hold for recommended duration. Repeat for prescribed repetitions and sets.