



Quad Cities Foot & Ankle Associates, P.C.

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Plantar Fascia Stretches

Plantar fasciitis is an overuse injury caused by inflammation of the plantar fascia, a thick fibrous band that connects the heel bone to the ball of the foot. Stretching the plantar fascia can help to decrease the symptoms of plantar fasciitis. Dr. Schroeder has recommended that you do the following stretching exercises 3 times per day:

Achilles Stretch

- 1) Stand facing a wall and place your hands straight out on the wall.
- 2) Step back with your affected foot keeping it flat on the floor and keeping the knee straight.
- 3) Move the other leg forward and slowly lean toward the wall.
- 4) Stop when you feel a stretch through the calf.
- 5) Hold for 30 seconds and relax - repeat 3 times.
- 6) Now repeat 3 more times using the same technique but bend the knee forward on the affected leg.



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