

Eric T. Travis, D.P.M.
18800 Main St. #104
Huntington Beach, CA 92648
Phone: 714-841-1963 Fax: 714-841-6919
www.beachpodiatry.com / doctravis@cox.net

Stretch for Plantar Fasciitis

1. Sit upright in a chair, barefoot. Place the ankle of the affected foot on the opposite knee.
2. Using the same hand as the affected foot, reach across and grab the toes.
3. Flex the ankle forward and pull the toes toward the shin.
4. To test the stretch, place the thumb of your other hand on the bottom of the foot. You should be able to feel the cord-like plantar fascia running the length of the foot.
5. Hold the stretch for a count of 10 and then relax. Repeat 10 times. Perform the sequence at least three times a day.