

RECOMMENDED FOOT EXERCISES

Correctly exercising your feet will help to keep them healthy and strong.

Stretching and strengthening programmes play an important role in the treatment of heel and arch pain caused by plantar fasciitis. In a study* 83% of patients involved in stretching programmes for heel pain were successfully treated.

1. Arch exercise

Roll your bare foot back and forth from your heel along the arch. Repeat for 3 to 5 minutes, twice a day.



This exercise is particularly helpful if carried out first thing in the morning.

2. Toe grasping exercise

Position the PediRoller so that your toes project over the edge. Bend your toes down and grasp the PediRoller. Hold for 5 to 10 seconds and repeat 10 times.



3. Rising on tip toes

Stand with your feet parallel and rise slowly up and down. Repeat 10 times to help stretch the calf muscles as well as the arch.

4. Achilles stretch

Stand with the balls of your feet on the first stair. Allow your heels to lower towards the floor. Hold this position for 15 to 30 seconds and then relax. Repeat 3 times.



5. Plantar Fascia stretch

Sitting, cross one foot over your other knee. Hold the base of your toes and pull them back towards your leg until you feel a comfortable stretch. Hold for 15 seconds and repeat 3 times.

6. Towel stretch

Sit on the floor with one leg stretched out in front of you. Loop a towel around your toes and the ball of your foot and pull the towel towards your body, keeping your knee straight. Hold for 10 seconds and repeat 3 times.



7. Foot extension & rotation

Extend and stretch the foot in as straight a line with your leg as possible. Hold for 5 to 10 seconds and repeat 10 times.

