

Plantar Fascia-Specific Stretching Program for Dr. Sun

1. Cross your affected leg over your other leg.
2. Using the hand on your affected side, take hold of your affected foot and pull your toes back towards shin. This creates tension/stretch in the arch of the foot/plantar fascia.
3. Check for the appropriate stretch position by gently rubbing the thumb of your unaffected side left to right over the arch of the affected foot. The plantar fascia should feel firm, like a guitar string.
4. Hold the stretch for a count of 10. A set is 10 repetitions.



Perform at least three sets of stretches per day. You cannot perform the stretch too often. The most important times to stretch are before taking the first step in the morning and before standing after a period of prolonged sitting.

Additional Stretch: Achilles Tendon Stretch

1. Place a shoe insert under your affected foot.
2. Place your affected leg behind your unaffected leg with the toes of your back foot pointed towards the heel of your other foot.
3. Lean into the wall.
4. Bend your front knee while keeping your back leg straight with your heel firmly on the ground.
5. Hold the stretch for a count of 10. A set is 10 repetitions.
6. Perform the stretch at least three times a day.



Gastroc Stretch



Anti-inflammatory medications can help decrease the inflammation in the arch and heel of your foot. Use the medication as directed on the package. If you tolerate it well, take it daily for two weeks then discontinue for one week. If symptoms worsen or return, resume for two weeks, then stop. You should eat when taking these medications, as they can be hard on your stomach.

Over-the-counter soft orthotics with gel or cushion at the heel can be beneficial as well.

Adapted from footcaremd.org *Original article by Arash Aminian, MD*