

Notes :

These exercises were designed as a place to start to address your symptoms. These exercises should not be performed or continued if they cause or increase your pain in any way. Using these exercises for self-management of your symptoms does not replace the value of being assessed by a Health Professional.

1 Stretching Calf

Stand and place both hands on a wall, with your feet about half a meter from the wall.

Place one leg behind the other, heel down and lean your body forward without bending the back knee until you feel a stretch in your back calf. Check your heel position. The heel should be in line with the toes, not turned in or outwards

Maintain the stretch for 15 sec and relax.
Repeat 4 times on each side.
Do this once a day.

2 Stretching Soleus

Stand and place both hands on a wall, with your feet about half a meter from the wall.

Place one leg behind the other, heel down and slowly bend the knees while keeping heels on the floor until you feel a stretch in the calf of the back leg. Check your heel position, it should be in line with your toes, not turned inwards or outwards.

Maintain the stretch for 15 sec and relax.
Repeat 4 times on each side.
Do this once a day.

3 Stretching Plantar fascia



Sit with foot placed across the other knee.
Pull your toes up and massage the arch of
your foot.
2-3 minutes, once a day.

4 Foot rolling: front to back



Stand next to a chair, wall, or stable object for
balance.
Step over a ball with one foot.
Roll the ball under your foot front-to-back to
release the plantar fascia.
2-3 minutes, once a day.