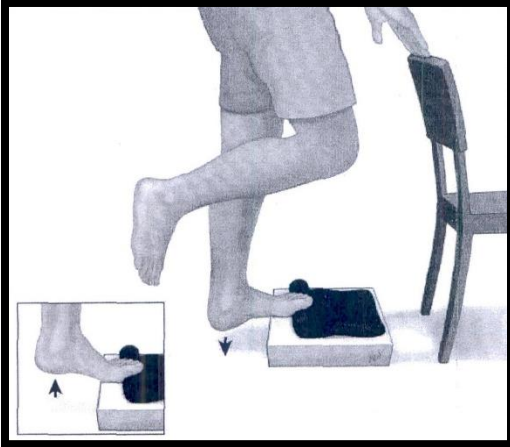
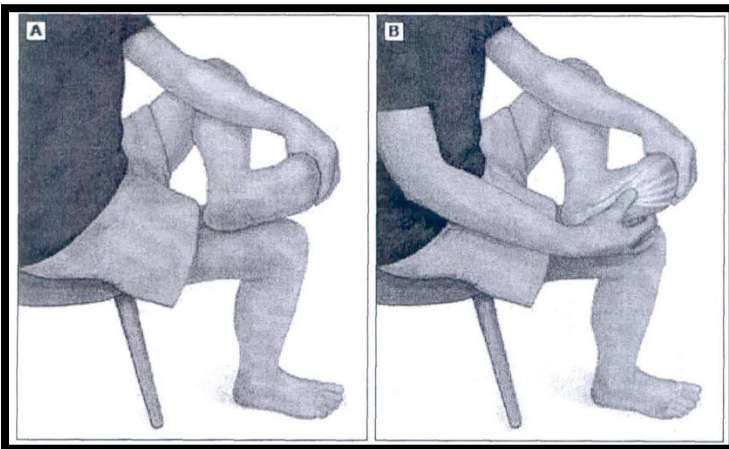


Unilateral Heel Raise Exercise



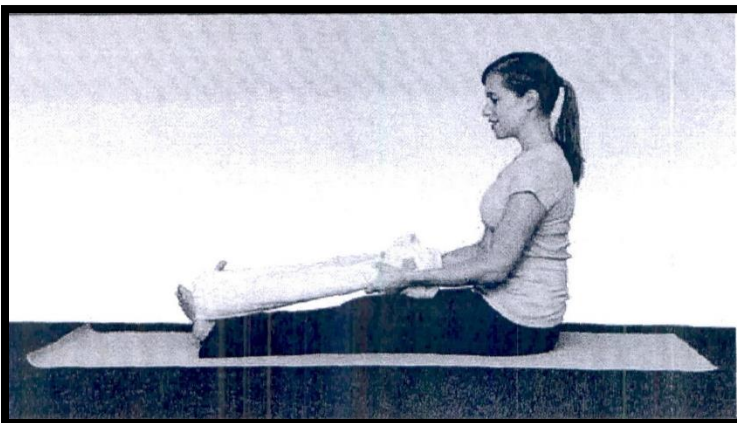
Unilateral heel raises are performed on a step or platform with a towel under the toes to increase dorsal flexion of the toes during heel raises. Each heel raise consists of three seconds going up (concentric phase) and three seconds going down (eccentric phase), with a two-second pause (isometric phase) at the top of the exercise. This can be done up to 12 times in a row. For patients who cannot tolerate the exercise on one leg, it can be performed using both legs. This exercise can be performed every other day.

Plantar Fascia Stretching Exercise for Plantar Fasciitis



This exercise is performed seated, with the affected leg crossed over the contralateral leg. The hand on the affected side of the body is positioned with the fingers along the bottom of the foot just below where the toes extend in order to pull the toes back dorsally (upward) toward the ankle and shin until feeling a stretching sensation in the arch of the foot (figure A). The stretch should be held for a count of 10 and repeated 10 times. The exercise should be performed three times each day.

Calf Stretch Exercise



Sit with your legs straight and loop a towel around your foot. Then pull the top part of your foot towards you. Hold it like that for 10 to 30 seconds. Repeat this five times each session and do two sessions a day. You can also push the ball of your foot against the towel. This exercises and strengthens the muscles in your foot.