

*Edward I. Harris DPM
Antonella Cella DPM MS
Naomie St Pierre, DPM
20 Prospect Avenue Suite #803
Hackensack, NJ 07601
Phone 201-488-3668 Fax 201-488-9292*

STRETCHING PROTOCOL FOR PLANTAR FASCIITIS

Soleus Stretch

Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold for 10 seconds. Repeat 1 time.
Do 6 sessions per day.

Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outwar, lean into wall until a stretch is felt in the calf.

Hold for 10 seconds. Repeat 1 time.
Do 6 sessions per day.

Plantar Fascia Stretch

Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.

Hold for 10 seconds. Repeat 1 time.
Do 6 sessions per day.