



**CORRECTING  
PLANTAR  
FACIITIS**

STRATEGIES TO PREVENT AND  
RELIEVE FOOT PAIN

## **How to Fix Plantar Fasciitis**

Do your feet hurt?

Many people deal with a condition called plantar fasciitis at some point in their lives. Most commonly, it affects overweight people and athletes who frequently run.

Plantar fasciitis occurs when the fascial tissue on the bottom of the feet becomes inflamed and painful. It can happen due to too much impact and mobility restrictions causing a stress overload on the feet. Unfortunately, this can greatly affect your exercise program and daily physical activity in a negative way. Painful movement is no way to go through life!

Fixing your plantar fasciitis can require an aggressive approach. Below are activities and changes that you must implement EVERYDAY. Adhering only couple times a week will not be enough.

After consistently following these protocols, you should see an improvement within 1-3 weeks. If not, or the symptoms get worse, you should see an orthopedist.

### **Plantar Fasciitis Correct Strategy:**

1. Soft Tissue Quality
2. Ankle Mobility
3. Strength
4. Footwear
5. Daily Wake Up Protocol
6. Ice Foot Bath Protocol

#### **1. Soft Tissue Quality**

First you need to fix the tissue quality of the foot and calf. This is can be accomplished through massage. To do this you will need a tennis or lacrosse ball and a foam roller or rolling stick.

For the feet, take the tennis or lacrosse ball and put it under your barefoot. Put a bit of pressure into the ball and roll it around, massaging the bottoms of your feet for about 1-2 minutes each foot.



For the calves, take the foam roller or rolling stick and apply pressure to the back of your calf. Slowly roll up and down, focusing on any particular spots that are painful. It's important to focus on both the calf and foot even if you only feel pain in the foot.



Rolling will help make the rest of these steps more effective and should be done before you stretch and strengthen the area.

## 2. Ankle Mobility

Now that you have rolled out the tissue and it is warmed up, you can mobilize it to help regain some lost range of motion in your ankle. Perform the following exercises at least 3-6 times a day.

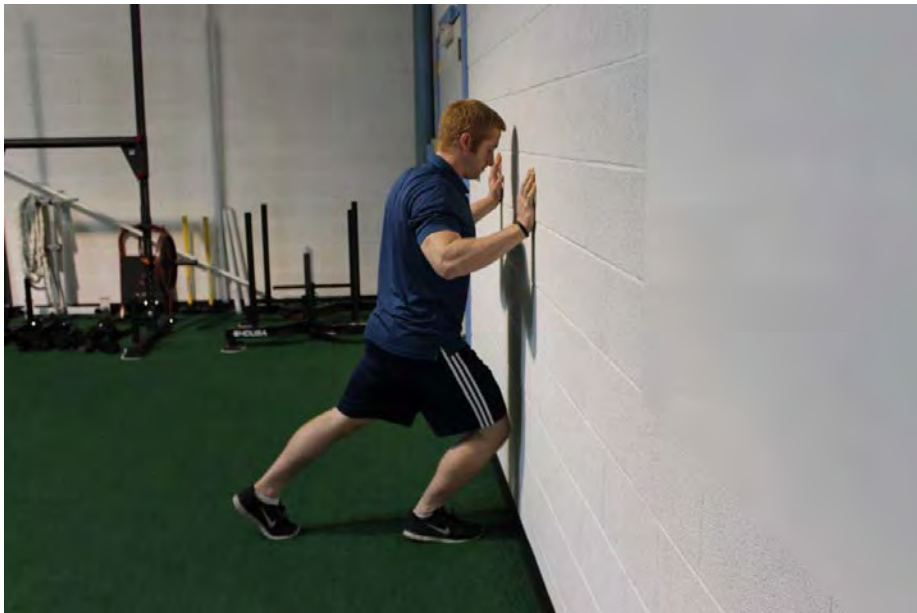
**Wall Ankle Mobilization** - Place foot a few inches from the wall. While keeping the front heel flat, raise the back heel off the ground. Push the front

knee over the toes as far as you can without lifting the heel. If you can touch the wall, move your foot back slightly until you can just barely touch the wall without your heel lifting. 10 reps each side

Position 1:



Position 2:



**Wall Calf Stretch** - Place the ball of your foot against the wall. Make sure the front knee isn't bent. Get your body as close to the wall as you can in order to feel the stretch in your foot and calf. 30 seconds each side



**Banded Ankle Mobilization** - Attach an exercise band to a stable object and place it on the base of your ankle. Take one knee to the ground with the banded leg in front. Have something to hold onto and push your knee over your toes as far as you can without lifting your heel. 10 reps each side

Position 1:



Position 2:



### 3. Strengthen

After increasing the mobility and flexibility of the ankle, you need to strengthen it to help increase the stability of the new range of motion you have acquired.

**Split Squat Isometric Hold** - Start with one knee on the ground and one foot on the ground. The front knee should be placed right above the ankle and the rear thigh should be perpendicular to the ground. Gently bring yourself up about an inch off the ground and hold this position for 30 seconds. If you are unable to reach 30 seconds, break it down into 3 sets of 10 seconds for each leg.

Position 1:



Position 2 (hold):



#### **4. Footwear**

Your footwear can be attributing to your plantar fasciitis by placing your ankle in an unfavorable position throughout the day. You want to be sure that you are wearing shoes that have a flat sole. When you wear shoes that have an elevated heel (cross trainers, high heels, basketball shoes, etc...) it places your ankle in a position that will tighten up the muscles and fascia in your calves and feet. This can worsen your symptoms. A good choice for a shoe would be a minimalist shoe. The picture below is an example of a good choice in footwear.



#### **5. Daily Wake Up Protocol**

One of the most important times to roll and stretch will be first thing in the morning when you wake up. This is when your feet and calves will be the most stiff. As soon as you get out of bed, roll the bottoms of your feet and calves for 1-2 minutes each. Immediately follow that with the wall ankle mobilization and wall calf stretch.

#### **6. Foot Ice Bath Protocol**

The tissues in your feet are inflamed. You will need to manage this inflammation with ice baths for your feet. All you need is a bucket filled with ice and water. The bucket should be big enough that you can completely submerge your foot. Ice the affected foot for roughly 5 minutes.

Try to do this as often as possible, but at least once a day after going through your rolling, stretching, and strengthening protocol.



**Stay consistent with these steps on a daily basis. It might be a hard to fit these into your already busy schedule, but it's a small price to pay to finally get out of pain.**