



Protocol: Plantar Fasciitis

AF1 Plantar Fascia Stretch

Standing with ball of foot on step as shown, lower heel toward floor until a stretch is felt through the arch of the foot.

Hold __ seconds, then return to starting position.

Repeat __ time(s) on each side.

Do __ session(s) per day.



AF2 Gastrocnemius Stretch

Position one leg behind the other, point the toes slightly outward and keep the knee straight. Gently lean into the wall until a stretch is felt in calf.

Hold __ seconds, then return to starting position.

Repeat __ time(s) on each side.

Do __ session(s) per day.



AF5 Dorsiflexion Stretch

Place top of foot on chair as shown, then gently stretch your foot and toes as far down as possible.

Hold __ seconds. Relax.

Repeat __ time(s).

Do __ session(s) per day.



AF24 Resisted Ankle Inversion

With tubing secured around foot, turn involved foot inward using ankle as shown. Slowly return to start.

Repeat __ time(s) on each side.

Do __ session(s) per day.





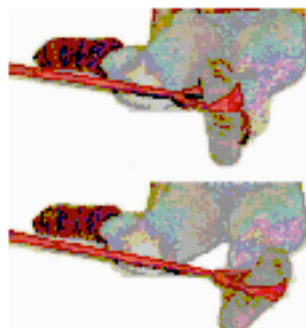
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AF26 Resisted Ankle Eversion

With tubing secured around forefoot, turn involved foot outward as shown. Slowly return to start.

Repeat __ time(s) on each side.

Do __ session(s) per day.



AF28 Toe Curl Using Towel

With heel of foot in a fixed position, bunch towel up by 'grabbing' it and curling toes.

Repeat __ time(s) per session.

Do __ session(s) per day.

