

Plantar Fasciitis/Achilles Tendonitis

Calf Stretching- Place your foot against the wall or stand on the edge of a stair or step. Keeping your knee straight lean closer to the wall or drop your heel down off the step slowly until you feel a stretch in the calf. Repeat with knee bent, slowly try to reach your knee to the wall while keeping your heel on the ground or off the step.



Roll out arch on Frozen water bottle/Golf Ball/Lacrosse ball- Freeze a water bottle and roll your foot out on the bottle. 3x30seconds



Towel curls- With a towel on the floor, sit with your toes at the start of the towel.

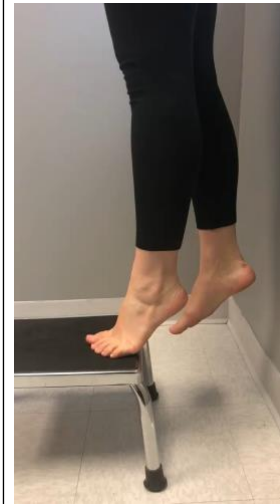
Grab the towel with your toes and scrunch the towel till you get to the end. Repeat 5-10 times.



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Calf Raises- Keeping your toes forward go up on your toes and slowly lower your heels back to the ground. Repeat with your toes pointed out and toes pointed in.



Eccentric Calf Raises- Standing at the edge of a step or stair, use both feet to raise up onto your toes, then transferring all weight to one foot slowly lower your heel down on a count of 5.

Short Foot Exercises- sit at a chair with your foot underneath your knee. Avoid curling your toes and lifting them off the ground, try to **raise the arch of your foot** and **bring your toes closer to your ankle**. It is a very small and slight movement. Hold for 5 seconds and release. Repeat.



Balance-

- Double Leg
- Single Leg
- Tandem Stance

