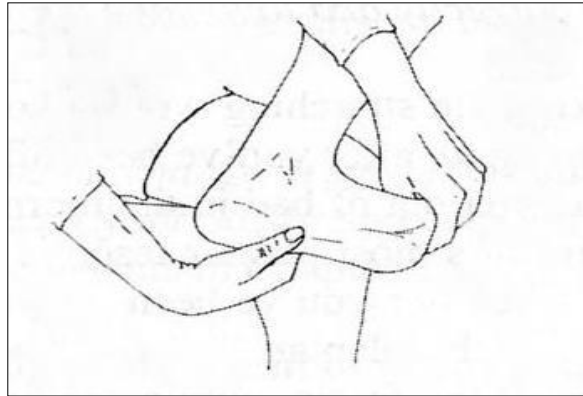


Plantar Fasciitis Stretch

The following stretch precisely targets the plantar fascia.



- 1) Find a comfortable place to sit.
- 2) Place the foot to be stretched on the opposite knee.
- 3) Place your fingers across **the base** of your toes as shown above.
- 4) Pull the toes back towards the shin until a stretch is felt in the arch or the plantar fascia. Hold 10 seconds.
- 5) When correctly performed you should be able to feel tension in your plantar fascia as you press on it. In the above picture, the right thumb is pressing in and checking for tension.

It is important to follow the guidelines below:

- Hold the stretch for a full 10 seconds.
- Repeat the stretch 10 times in a row.
- Do this 3 times a day (at least).
- The first set of stretching must be done **before** you take your first step in the morning.
- If you have been sitting for a prolonged period of time, perform the stretch **before** you stand up.

This stretch program has been shown to work on long-term plantar fasciitis sufferers but you've got to stretch correctly and follow the guidelines. Stretching before weight bearing is a key factor in helping the healing process.

Keep stretching for at least 8 full weeks. If your symptoms are better, but not quite gone yet, continue stretching. Best results are usually reached within a 6 month period. Plantar fasciitis is not a condition that was created overnight and it won't go away overnight either. Be patient. Each day of stretching brings you one step closer to eliminating your symptoms.