

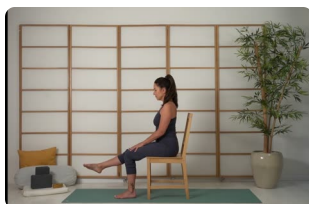
Plantar fasciitis

Move slowly and stay in a range that feels comfortable. Mild stretch or effort is fine; sharp pain is a signal to stop.

Name: _____

How often: _____

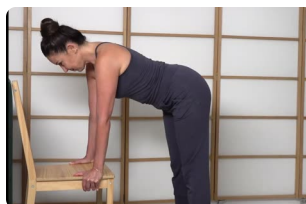
Clinician: _____



1. Lower body warm-up, chair

2 to 3 minutes

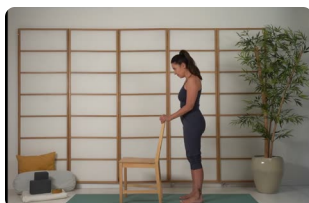
1. Sit on a chair with both feet flat
2. Sit forward, away from the backrest
3. Take each joint through a small range in turn



2. Downward dog, chair supported

30 to 45 seconds, twice

1. Set a sturdy chair against a wall
2. Stand a stride away, hands on the seat
3. Walk back and hinge until your back is long
4. Keep enough weight in your feet to stay grounded
5. Then walk in



3. Heel raise with a block between the heels

8 to 10 slow reps

1. Stand tall with a block between your heels
2. Rise slowly onto the balls of your feet
3. Lower even more slowly than you rose



4. Warrior III, chair supported

20 to 30 seconds each side, working toward unsupported over time

1. Face a stable chair and rest your hands on it
2. Hinge forward from the hips, not the waist
3. Slide one leg back and lift it
4. Keep the standing knee soft and the neck long
5. Then change sides

THE GUIDANCE BEHIND THESE MOVEMENTS

- Heel Pain, Plantar Fasciitis: Revision 2023, APTA clinical practice guideline (Koc et al., JOSPT 53(12)). Plantar fascia specific stretching and gastrocnemius and soleus stretching carry strong, grade A evidence for short and long term pain reduction; the guidance is activity modification rather than rest.
- Rathleff et al., high-load strength training in plantar fasciitis (Scandinavian Journal of Medicine and Science in Sports, 2015). High-load progressive strength training, using slow heel raises, is part of treatment, so graded loading belongs in the plan.



Scan to watch every movement on video

and get a free guided session built around your body: vinys.app/condition/plantar-fasciitis

First practice free. No account or card.

Move within a range that stays comfortable. Stop if this brings on sharp pain, dizziness, or symptoms that travel down an arm or a leg, and speak to a clinician before repeating it. Free to print and share: vinys.app/for-clinicians