

### Clinician Notes

This is a standard Protocol for you to do at home before you can arrange a meeting with CRW Athletic Training. Do not hesitate to contact [crwathletictraining@ecu.edu](mailto:crwathletictraining@ecu.edu) to arrange for an evaluation and protocol specific for you.



### Towel Scrunches

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

You can add a water bottle/shoe on the end of the towel for extra resistance

#### Setup

Begin in a staggered standing position with your forward foot resting on a flat towel, and the knee slightly bent.

#### Movement

Keep your back knee straight. Use your toes to scrunch up the towel.

#### Tip

Make sure to keep the rest of your foot in contact with the ground.



### Arch Lifting

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

This may be difficult at first but keep trying and you will get the hang of it

#### Setup

Begin in a staggered standing position with your front knee slightly bent and your back knee straight.

#### Movement

Try to lift up the arch of your foot while keeping your toes and heel in contact with the ground.

#### Tip

Make sure to avoid gripping with your toes. A slight weight shift to the outside of your foot is normal.



### Seated Marble Pick-Up with Toes

**REPS: 20 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

You can use coins or use scrap paper to make little rolled up balls as an alternative to marbles

#### Setup

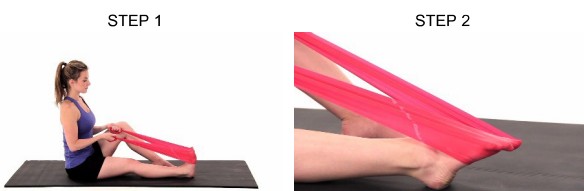
Begin sitting upright in a chair with marbles on the floor in front of you.

#### Movement

Pick up one marble at a time with your toes, then drop it, and repeat.

#### Tip

Make sure to keep your movements slow and controlled.



### Ankle and Toe Plantarflexion with Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin sitting upright on the floor with one knee bent, and your other leg straight with a resistance band around your foot and toes, holding the ends in each hand.

#### Movement

Bend your foot away from your body and curl your toes downward. Relax, then repeat.

#### Tip

Make sure to keep your back straight during the exercise.



### Foot Roller Plantar Massage

**REPS: 10 | SETS: 1 | DAILY: 3 | WEEKLY: 7**

You can freeze and use a water bottle instead Ideal to do it first thing in the morning, after your exercises, and before bed

#### Setup

Begin sitting upright with your foot on top of a roller.

#### Movement

Gently roll the middle of your foot forward and backward over the roller, in between the ball of your foot and your heel.

#### Tip

Make sure to use enough pressure so you feel a stretch but not pain.



### Long Sitting Plantar Fascia Stretch with Towel

**REPS: 1 | SETS: 1 | HOLD: 60 SEC | DAILY: 2 | WEEKLY: 7**

Ideal to do after your exercises/workout and before bed

#### Setup

Begin sitting upright on the floor with one leg bent and your other leg straight forward, holding the end of a large towel wrapped around the bottom of your foot.

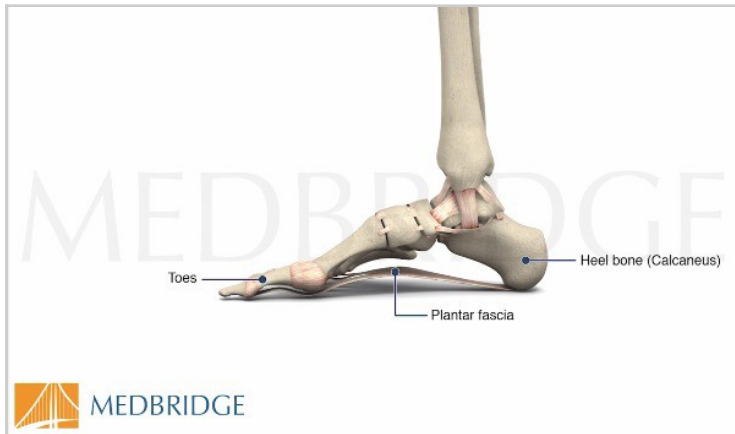
#### Movement

Twist the end of the towel so that it is fitted around your foot and gently pull the towel towards you until you feel a stretch in the bottom of your foot. Hold.

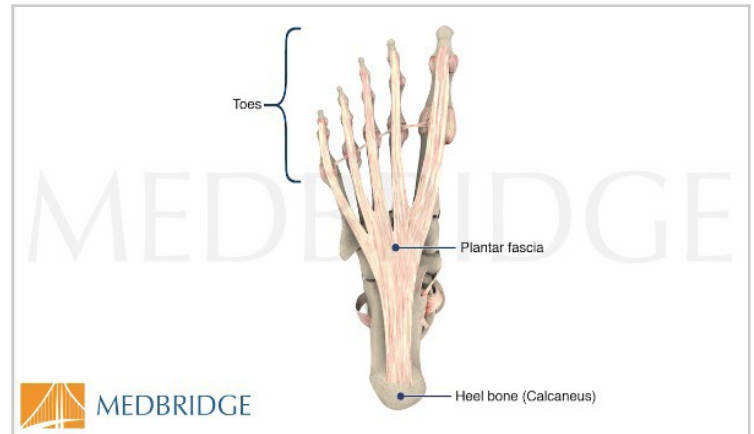
#### Tip

Make sure to keep the stretch slow and controlled.

# Plantar Fasciitis



**Inner Right Foot: Bones and Tissue**



**Bottom of Right Foot: Bones and Tissue**



**Bottom of Right Foot: Inflamed Tissue**

Plantar fasciitis is a painful condition that affects the bottom of your foot. The foot is made up of 26 bones, with many strong tissues holding them together. The plantar fascia is a thick tissue that connects the heel bone (calcaneus) to the base of the toes on the bottom of the foot. The plantar fascia supports the arch of the foot and becomes stretched or tensed when the ankle bends upward or flexes.

On the bottom of the foot, the plantar fascia extends from the heel to the toes. The plantar fascia and its attachments can become painful and inflamed. Repeated, small tears in the fascia can lead to pain and difficulty completing activities that involve putting pressure on the feet.

Starting a new fitness program or having a job that requires standing for long periods of time can also lead to plantar fasciitis. Heel pain and plantar fascia irritation can also be caused by having tight calf muscles, being overweight, or by having a high arch in the bottom of the foot.

When the plantar fascia is irritated, the most common problem is pain on the bottom of the foot, especially near the heel. Pain may be worsened with increased activity such as walking, especially

first thing in the morning when getting out of bed. While you are recovering from plantar fasciitis, you may need to change your activities and complete a home program that your therapist creates for you. Chronic plantar fasciitis, if left untreated, can lead to changes in the way a person walks, possibly resulting in pain in other joints such as the knee or the back.