

WESTMORELAND FOOT AND ANKLE CARE

PODIATRY, FOOT AND ANKLE SURGERY

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STRETCHING EXERCISES FOR PLANTAR FASCIITIS OR ACHILLES TENDONITIS

IN ORDER TO MOST EFFECTIVELY TREAT YOUR PAIN, THE FOLLOWING STRETCHES HAVE BEEN PRESCRIBED FOR YOU BY YOUR DOCTOR. DOING THESE STRETCHES AS DIRECTED GREATLY DECREASES THE TIME IT TAKES FOR YOUR SYMPTOMS TO RESOLVE. USUALLY PATIENTS WHO DO NOT RECEIVE RELIEF ARE THE ONES WHO DO NOT DO THEIR STRETCHES. GET STARTED TODAY, AND DO THEM DAILY!

EXERCISE #1: CAN ROLL (FOR PLANTAR FASCIITIS ONLY)

TAKE A COLD CAN OF SODA OR A SMALL BOTTLE OF WATER THAT HAS BEEN FROZEN. PLACE IT ON THE FLOOR. SIT IN A CHAIR ADJACENT TO THE BOTTLE, AND ROLL YOUR FOOT OVER THE CAN OR BOTTLE IN THE ARCH AREA. THIS PROVIDES MASSAGE TO THE AREA, COLDNESS TO DECREASE THE INFLAMMATORY RESPONSE, AND ALLOWS YOU TO PASSIVELY STRETCH THE PLANTAR FASCIA. ROLL BACK AND FORTH FOR 20 MINUTES PER DAY.

EXERCISE #2: TOWEL STRETCH

WHEN YOU WAKE UP IN THE MORNING, GRAB A BATH TOWEL OR EXERCISE BAND. FROM THE SITTING POSITION, BEND YOUR KNEE AND LOOP THE TOWEL UNDER YOUR ARCH AREA. GRADUALLY STRAIGHTEN YOUR LEG. HOLD YOUR FOOT IN THIS FLEXED POSITION FOR 20 SECONDS. REPEAT 5 TIMES DAILY.



EXERCISE #3: RUNNER'S STRETCH

LEAN FORWARD AGAINST A WALL, KEEPING ONE KNEE STRAIGHT WHILE YOU BEND THE OTHER KNEE. AS YOU BEND FORWARD, THE LEG THAT REMAINS STRAIGHT IS THE ONE THAT YOU WILL BE EXERCISING. AS YOU LEAN FORWARD, YOU WILL BE ABLE TO FEEL YOUR HEEL CORD AND THE ARCH OF YOUR FOOT STRETCH. TRY TO KEEP YOUR BACK HEEL ON THE GROUND FOR THE STRETCH. STRETCH AND HOLD FOR 10 SECONDS, THEN RELAX. REPEAT THIS 20 TIMES.



EXERCISE #4: STAIR HANG

STAND ON THE BOTTOM STEP OF A SET OF STAIRS SO THAT YOUR HEELS HANG OVER THE STEP AND YOU ARE ABLE TO BALANCE YOURSELF WITH A RAILING ON ONE SIDE. SLIDE YOUR FEET BACK UNTIL ONLY THE BALLS OF YOUR FEET REMAIN ON THE STAIRS. GRADUALLY LOWER YOUR HEELS AS LOW AS THEY WILL GO AND UNTIL YOU BEGIN TO FEEL THE MUSCLES IN YOUR CALF REALLY STRETCH. HOLD THAT POSITION FOR 10 SECONDS, THEN RISE UP AND REPEAT 20 TIMES.

I HAVE RECEIVED A COPY OF THESE INSTRUCTIONS AND UNDERSTAND THEIR PERFORMANCE IS IMPERATIVE TO IMPROVEMENT OF MY SYMPTOMS.

SIGNED: _____ DATE: _____
PATIENT OR GUARDIAN