

Stretches to prevent and help treat injuries



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Play it smart!

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wants to keep you moving. Do the exercises in this booklet to help prevent and correct plantar fasciitis and Achilles tendonitis.



Common symptoms for plantar fasciitis:

- Pain in the bottom of the heel, usually worse in the morning with first steps
- Mild swelling
- Tenderness on bottom of heel
- Pain decreases throughout the day

Please note: If you are experiencing pain on the bottom of the heel, do not walk with bare feet.

Common symptoms for Achilles tendonitis:

- Pain behind the heel after running or other sports activity
- Significant pain after periods of inactivity
- Mild swelling or a bump on the Achilles tendon

Please note: Wearing shoes with a slightly elevated heel can help temporarily reduce Achilles tendon pain.

1. Toe Flexion/Extension

A. Stretch toes and heel up and down using your hands and holding 3 seconds at each position. Repeat 20 times.



B. *Do this first thing in the morning at the first sign of any foot/heel pain:* Pull toes up with one hand to stretch the fascia while massaging crossways from the heel to the front of the foot for 2 minutes.



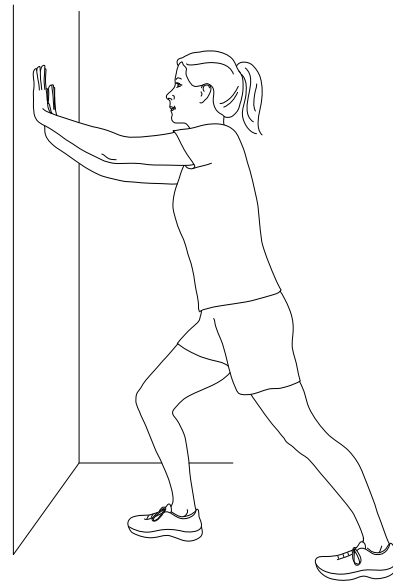
2. Toe Curl: Unilateral

Use a resistance exercise band to help strengthen the small muscles of the foot. Press down against rubber strapping, holding 3 seconds. Repeat 10 times.



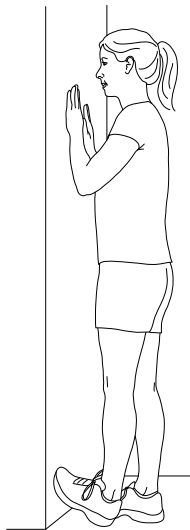
3. Gastrocnemius Stretch

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, with toes straight ahead, lean into wall until stretch is felt in calf of the back leg. Hold the stretch for 30 seconds. Repeat with other leg. Repeat 5 times.



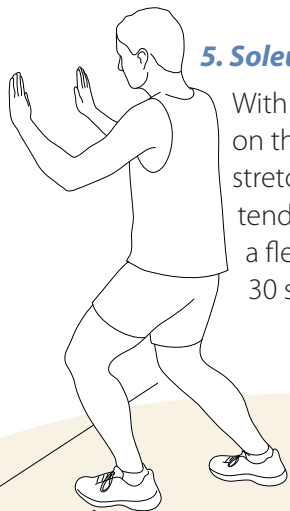
4. Gastroc/Plantar Fascia Stretch

With shoes on, put the ball of the foot on a wall or edge of step with heel resting on floor. Keep toes straight and support with hands on wall. With leg straight, press entire body forward. Hold 30 seconds. Repeat with other leg. Repeat 3–5 times. Do 2–3 sessions per day.



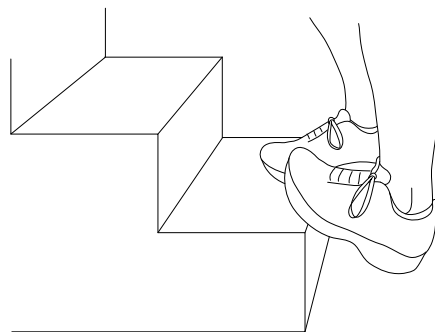
5. Soleus Stretch

With foot flat and heel on the floor, slowly stretch the Achilles tendon by bending the back knee into a flexed position. Hold the stretch for 30 seconds. Repeat 5 times.



6. Achilles Tendonitis: Eccentric Strengthening Protocol

Stand with front of both feet on edge of a step. Rise onto toes using uninjured (pain-free) leg. Lower your body down using injured (painful) leg. Perform 10–15 repetitions, 2–3 sets, 2 times per day. Perform for 10–12 weeks or until pain has completely resolved. Ice Achilles tendon 10–15 minutes afterward, if needed.



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