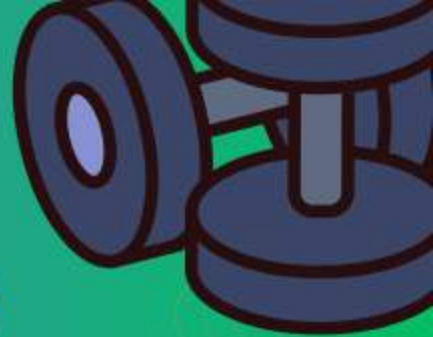




# YOUR CUSTOMIZED REHAB PROGRAM

Presented By @physiociti  
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# HEEL PAIN (PLANTAR FASCIITIS)



# PLANTAR FASCIITIS:

Plantar fasciitis is a condition which causes pain around the heel, bottom of the foot and the arch of foot. It can be very painful but the best part is that it can be treated at home. You can treat it by yourself by following simple exercises and by some lifestyle modifications tailored by our experts as per your needs.

- Use an ice pack on the painful area for about 20 minutes 3-4 times a day
- We recommend supportive footwear with a stiff outer sole and a shock absorbing insole.
- Wear footwear that has arch supports and cushioning for your heel.
- Avoid walking in bare feet.
- Do all the mentioned exercises atleast two times a day.

TIP - You might find it helpful to raise your heel off the ground whenever possible. This may provide relief immediately.

# DAY 1 REHAB PLAN

## Exercise 1- TOWEL CURL

- With your heel on the ground, curl up a towel with your toes and then release.
- Repeat it for 10 to 20 times. When this gets easy, add more resistance by placing a book or small weight on the towel.



## Exercise 2- MARBLE PICK-UP

This exercise requires marbles (or something small of comparable size) and a cup.

- Spread the marbles out on the floor near the cup.
- Use your toes to pick up the marbles and put them in the cup.



### Exercise 3- **GASTRO STRETCH**

Stand with your hands against a wall. The affected foot should be placed back with the other foot forward.

Push towards the wall, keeping your back calf straight and your heel against the ground.

Hold this position for about 30 seconds and then release. Do the stretch three times.

Do this stretch two to three times per day



#### Exercise 4- FROZEN CAN ROLL

Roll your bare affected foot back and forth from your heel to your midarch over a frozen can. Repeat for 3 to 5 minutes. **This exercise is particularly helpful if done first thing in the morning.**



#### Exercise 5- ANKLE ROM

For this, you have to move your ankle in all possible directions as shown in the picture below. Repeat all the movement 3-5 times on day 1.



## DAY 2 REHAB PLAN

For day 2, first you have to do all the exercises of day 1, but with more repetitions. After doing them, add the below mentioned exercise as well.

### Exercise- TOWEL STRETCH

- Sit on a hard surface with one leg stretched out in front of you. Loop a towel around your toes and the ball of your foot and pull the towel toward your body keeping your knee straight. Hold this position for 15 to 30 seconds then relax. Repeat 3 times.



## DAY 3 REHAB PLAN

Repeat all the exercises from day 1 and day 2 with increased repetitions.

### Exercise 1- SITTING PLANTAR FASCIA STRETCH

Sit in a chair and cross one foot over your other knee.

Grab the base of your toes and pull them back toward your leg until you feel a comfortable stretch. Hold 15 seconds and repeat 3 times.





## Exercise 2- **HEEL RAISES**

Balance yourself while standing behind a chair. Using the chair to help you, raise your body up onto your toes and hold for 5 seconds. Then slowly lower yourself down without holding onto the chair. Hold onto the chair or counter if you need to. Repeat 10 times. Do 3 sets of 10.



# THE MAJOR TAKEAWAYS



**PHYSIOCITI**

We keep you moving.

- 1 CONSISTENCY IS THE KEY**  
Regularly follow the prescribed exercises and stretches to see continuous improvement.
- 2 HOLISTIC APPROACH**  
Embrace a balanced lifestyle by combining proper nutrition, adequate rest, and targeted exercises.
- 3 LISTEN TO YOUR BODY**  
Pay attention to any discomfort or changes during exercises, and communicate with your physiotherapist as needed.
- 4 REST AND RECOVER**  
Prioritize rest days and quality sleep to optimize the body's healing and recovery processes.
- 5 COMMUNICATION**  
Reach out to Physiociti with any questions or concerns - we're here to support you



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We keep you moving!

THANK  
YOU



Get in touch with us-  
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