



# HEALING HANDS PHYSIOTHERAPY

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## Plantar fasciitis exercises

### 1. Plantar fascia stretch



- Perform the stretch in either of the two ways and hold for 20-30 seconds
- Repeat the stretch for 3-5 times

### 2. Calf stretch



- Hold the stretch for 20-30 seconds and repeat for 3-5 times

### 3. Ball massage



- Roll your foot over the ball (golf, tennis etc) for 5-10 minutes
- Moderate the pressure by starting lightly then deeper at the end

#### 4. Cold/hot bottle massage



- a. Freeze water in a bottle or fill the bottle with cold or warm water
- b. Roll your foot over the bottle for 5-10 minutes