

**BALL STM - PLANTAR FASCIA**

While seated, place a small ball under the arch of your foot and press into it while rolling it around.

Use this form of self-soft tissue massage technique for the arch of the foot.

Video # VVL4SK43G

**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 2 Times a Day

**PLANTAR FASCIA - CROSS FRICTION MASSAGE**

Apply pressure with your thumb and slide it side-to-side across the bottom of your foot as shown.

Video # VVE36X4CG

**Duration** 30 Seconds  
**Perform** 2 Times a Day

**BIG TOE AND PLANTAR FASCIA STRETCH**

While seated, place your affected ankle on top of your other leg.

Then grab your toes and bend them back into extension as shown. Hold for a gentle stretch to your toes and sole of the foot (plantar fascia).

Video # VVMZZ7PM7

**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 2 Times a Day



### PLANTAR FASCIA STRETCH

While sitting, place a towel under your lower leg, foot and toes as shown . Hold onto the other end of the towel.

Gently pull back on the towel until a stretch is felt.

Video # VV25R6UDT

**Hold** 30 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day



### Arch

Start the exercise in sitting then progress to standing. Pretend there is a pencil underneath your arch and try to lift your arch off the pencil and create a dome. Do not curl your toes but instead shorten your foot muscles.

**Repeat** 10 Times  
**Hold** 6 Seconds  
**Perform** 2 Times a Day



### Vectors

Vectors

Stand on one leg, reach down to place the ball in a straight line in front of your foot. Stand back up. Reach down and pick up the ball with the opposite hand. Do not let your foot roll in, or your knee travel to the inside of your foot. Think about a small washcloth under your arch, squeeze your glute muscles, and keep your stomach tight. 3sets of 5 reps. Repeat exercise on other leg.

**Repeat** 10 Times  
**Perform** 2 Times a Day



### MARBLE PICK UPS

Place several marbles, dice, rocks, pencils, or other small items on the floor and pick them up using your toes as shown. Place them in a cup or bowl and repeat.

Video # VVM5XBF2J

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 1 Times a Day



### TOWEL CURLS - TOWEL SCRUNCHES

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward. Be sure to keep your heel in contact with the floor the entire time.

Then use your toes to push the towel back out.

Video # VVSSVNRG8

**Repeat** 5 Times  
**Complete** 2 Sets  
**Perform** 1 Times a Day

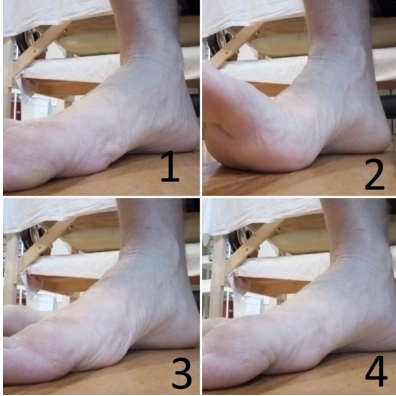


### Toe Series - Toe Yoga

Sit with knee stacked above ankle. Maintain the ball of the foot and heel on the floor the entire exercise.

1) Lift the big toe, keeping the little toes planted on the floor. 2) Lift the little toes, keeping the big toe planted on the floor.

**Repeat** 10 Times  
**Complete** 1 Set  
**Perform** 1 Times a Day



### Arch Activation and Proprioception

1. Starting position, barefoot, normal stance 2. Extend all toes into the air. Keep the ball of the foot firmly planted on the floor, particularly the knuckle behind the big toe. You should feel the arch elevate and pull up. 3. Maintain the elevated arch while slowly lowering the toes to the floor. 4. Relax the foot and arch.

**Repeat** 15 Times  
**Hold** 3 Seconds  
**Perform** 1 Times a Day