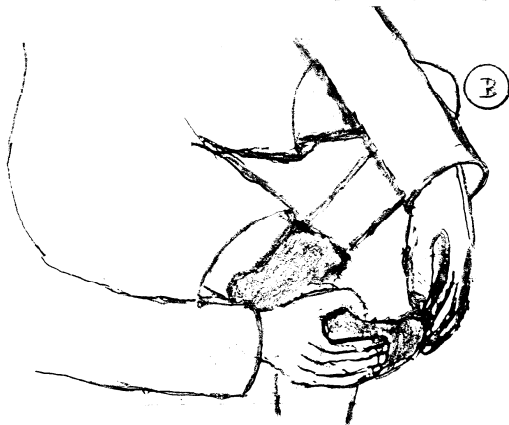


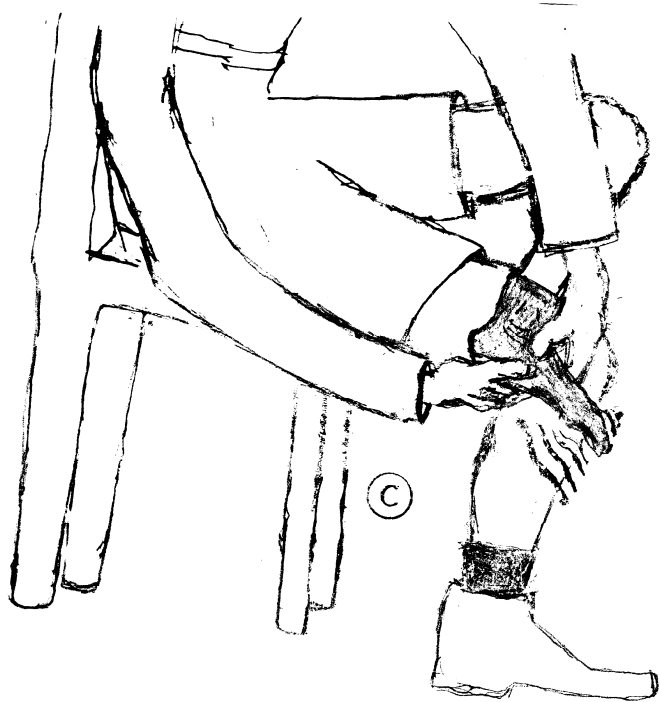
The exercise that most helped resolve my plantar fasciitis (my heel-pain) is much like that described in a great book, The 5-Minute Plantar Fasciitis Solution by Jim Johnson, PT (physical therapist). I greatly recommend it. But my slight variation of it, on this page, is somewhat gentler and likely easier for some overweight people. (There are still other 'PT' variations that require a helper and medical table, but that is often not practical, especially if many sessions required.) So the one I describe here can be done at home, while sitting on a fairly firm wide chair. (Of course, talking with healthcare professionals always encouraged for all health ailments.)

Exercise Procedure: Assuming sitting position as shown (shown for pain in left foot); 'stiffen-up' 4 fingers of each hands to act like 'claws' – but do the following gently and do **not** bend so far as to cause significant discomfort, and especially **not** pain:



Then, with the right 4-fingers; push 'balls' of left foot (the 'tough-skin' region near the beginning of the toes and extending entirely across the foot), as shown – toward the left knee. At same time, with the left 4-fingers, and using the thumb mainly for guiding, and using the bottom of the tips of the toes – pull the toes also toward the left knee, so they are bent a little more than the foot. Hold for 10 seconds (or for many people's breathing – typically 3 or 4 inhales and exhales). This 'stretches ligaments, etc. out'.

Then release, relax, and let foot 'sort of dangle'; and shake it 'this way or that' for a few seconds, as seems relieving. Repeat above 10 times; and do 3 or 4 sessions per day. By the end of about 2 months, foot should feel improved, if procedure is workable! Don't 'strain' ligaments, etc., by using too much force; but if slight strain is felt, 'scratch' that ligament region for a few seconds with your finger.



Foot Stretches for Plantar Fasciitis, (steps A, B, & C)

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